

*Niyamawali*

नियमावली



Soami Bagh, Agra-282 005, India

## BHOOMIKA (PREFACE)

(Dictated by Babuji Maharaj)

The object of preparing this booklet "Niyamáwali" is that certain Shabds (hymns) from it should be recited daily and the rest as often as possible ; but care must be taken that these latter are recited at least once in a week, and at least one Shabd from every section is recited daily.

By following this routine one would be able to attend Satsang carefully and attentively and to perform Abhyás successfully to some extent. The obstacles which generally confront Satsangis in the pursuit of Parmártih, will be minimised and the mind will apply itself to spiritual exercises more assiduously and energetically.

The above routine is to be observed in addition to recitations in the two daily Satsangs.

The first Shabd (hymn), PUKÁR (invocation), called Agam Geet (Song Eternal), is to be recited every morning, before commencing the work for the day. It should be recited intelligently, paying attention to its meaning, and applying it to oneself.

Similarly, the second Shabd (hymn) of PRAYER is to be recited at the time of going to bed. The third SHABD OF BHOG should be recited before the two daily meals. One should make an offering of the food to Radhasoami Dayal in Dhyan, before taking it.

If these instructions are observed with humility, just as a needy person, in wants, supplicates for help, then Radhasoami Dayal will fulfil, to the extent He considers proper, any legitimate wish of the devotee, particularly if it is Pármarthí. In temporal matters too, if his desire is right and proper, there will be great facility. The devotee will be saved from many anxieties

and worries which keep on tormenting him. Opportunities for Parmarth will be made available to a greater extent.

Besides this, before commencing any activity at any time, the devotee should turn his mind and attention inside towards the Holy Feet, *i.e.*, the third Til or the first heavenly sphere and remember RADHASOAMI Nám, as a matter of habit. At all other times also while engaged in various activities of the world, he should turn his mind and Surat inside, and utter RADHASOAMI Nám as often as possible. By this the unsteadiness of the mind will be lessened, and purification attained. The devotee will then pay less attention to those activities to which the mind and Surat are greatly or flagrantly inclined.

Without grace and mercy, not a single step can be taken in Radhasoami Faith. Humility is the only means to attract grace and mercy. Therefore, all Parmárhí activities should be performed with reliance and dependence on Sant Sat Guru and Radhasoami Dayál. With sincere humility and reliance, should one turn one's attention to the Holy Feet. The shortcomings and blemishes of the devotee, who is blessed with the gem of humility, will soon be removed. Radhasoami Dayal will Himself bring about his correction and make him fit to receive the special gift of His Prem (love).

### **Radhasoami Satsang**

Soami Bagh, Agra

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**Part I**  
**SHABDS (HYMNS)**  
**for**  
**DAILY RECITATION**

(1)

**AGAM GEET (SONG ETERNAL)**

**INVOCATION**  
**for**  
**INTERNAL DARSHAN AND ASCENSION**

करत हूँ पुकार, आज सुनिये गुहार,  
मैं दीन हूँ अधीन, तुम दाता दयार हो ॥ १ ॥

*Karat hún pukár, aaj suniyé guhár.  
Main deen hún adheen, tum dátá dayár ho.*

Listen to my invocation this very day. I am poor  
and helpless. But Thou art merciful giver of gifts. (1)

अब करिये सम्हार, मेरी नाव है मँझधार,  
मैं दुखिया अति भार, तुम खेवट अगार हो ॥ २ ॥

*Ab kariyé samhár meri nao hai manjhdhár.  
Main dukhia ati bhár, tum khéwat agár ho.*

Take care of me. My boat is drifting in mid-stream.  
I am in great distress. But thou art the boatman perfect-most. (2)

दूत और दुष्ट मोहिं, घेर लिया वार,  
दुख देत हैं अपार, भय दिखावत जम द्वार,  
तुम रक्षक हुशियार हो ॥३॥

*Doot aur dusht mohin, gher liyá vár,  
dukh det hain apár, bhay dikháwat jam dwár,  
tum rakshak hushiyár ho.*

Messengers of death and agents of evils have taken hold of me, inflicting severe torments, and frightening me with the horrors of hell. But Thou art the protector great. (3)

लेना अब खबर मोर, मैं तो हूँ सरन तोर,  
काल किया बहुत ज़ोर, धूम धाम करत शोर,  
तुम सूरन प्रधान हो ॥४॥

*Lená ab khabar mor, main to hún saran tor,  
kál kiya bahut zor, dhoom dhám karat shor,  
tum sooran pradhán ho.*

I am under Thy Saran. Grant me Thy support. Kal is gaining the upper hand, and raising a great tumult. But Thou art the hero of heroes. (4)

मेरी बुद्धि है मलीन, मन सुरत हैं अलीन,  
बल पौरुष सब छीन, तुम सतगुरु प्रवीन हो ॥५॥

*Meri budhi hai maleen, man surat hain aleen,  
bal paurush sab chheen, tum satguru praveen ho.*

My intellect and understanding are soiled, mind and Surat impure, and strength and vigour all gone. But Thou art the Sat Guru all-knowing and all-powerful. (5)

मोहिं दीजे इक दान, मैं मांगत हूँ निदान,  
सुर्त शब्द का निशान, तुम समरथ सुजान हो ॥६॥

*Mohin deejé ek dán, main mángat hún nidán,  
surt shabd ka nishán, tum samrath suján ho.*

Grant me a gift. I beg Thee for the secrets of Surat Shabd Yoga. Thou art omnipotent and omniscient. (6)

विरह नाहिं, प्रेम नाहिं, भक्ति भाव चाव नाहिं,  
सरधा परतीत नाहिं, काम क्रोध लोभ माहिं,  
कैसे करोगे निर्वाह हो ॥७॥

*Virah náhín prem náhín, bhakti bháv cháv náhín,  
sardhá parteet náhín, kám krodh lobh máhín,  
kaise karogey nirváh ho.*

I am devoid of yearning, devoid of love, devoid of devotion, devoid of zeal, and devoid of faith. I am engrossed in desires and passions, and in anger and greed. I am at a loss to understand how Thou wouldst take me across. (7)

रोग सोग नित सतायें, भजन सुमिरन बनत नाहिं,  
भोग वास घटत नाहिं, चिंता डर अधिक दाहिं,  
और कोइ सुनत नाहिं, तुम ही मेरे धैद हो ॥८॥

*Róg sóg nit satain, bhajan sumíran banat náhin,  
bhog bás ghatat náhin, chintá dar adhik dáhin,  
aur koi sunat náhin, tumhi mere baid ho.*

Suffering and sorrow visit me every day. I cannot apply myself to Bhajan and Sumiran. The desire for pleasure is not waning. Anxiety and fear burn me more and more. There is none to hear me. Thou alone art my physician. (8)

संतन विन कोइ नाहिं, सतगुरु विन ठीक नाहिं,  
करम भरम नीक नाहिं, शब्द दिना सीख नाहिं,  
यही भीख दीजिये ॥९॥

*Santan bin koi náhin, satguru bin theek náhin, karam  
bharam neek náhin, shabd biná seekh náhin,  
yáhi bheekh deejeeye.*

Except Sants, there is none whom I may call my own. There is no anchor without Sat Guru. Karam and Bharam (rites and rituals and superstitious beliefs) are of no avail. There is no teaching like Shabd. Grant me this boon. (9)

सुरत को चढ़ाओ आज, शब्द का दिखाओ साज,  
सहस कंवल जाय भाज, देखे व्हाँ का समाज,  
मन को तव होय लाज, यही काज कीजिये ॥१०॥

*Surat ko charao áj, shabd ká dikhao sáj,  
sahas kanwal jái bháj, dekhe vahán ká samáj, man  
ko tab hoi láj, yahi káj keejeeye.*

Elevate my Surat to-day. Show me the splendour of Shabd. Let me run to Sahas-dal-kanwal, and see the splendour of that place. My mind will then be put to shame. Please do this. (10)

बंक परे त्रिकुट घाट, खुले फिर सुन्न बाट,  
महा सुन्न खोल पाट, भॅवरगुफा बाँध ठाट,  
सत्त शब्द पाय चाट, सतपुर पहुंचाइये ॥ ११ ॥

*Bank pare trikut ghát, khulé phir sunn bát, mahá  
sunn khol pát, bhanwarguphá bándh thát,  
satt shabd páy chát, satpur pahuncháeye.*

May I land beyond Banknal at the entrance of Trikuti, open the path to Sunn, remove the barriers of Mahá-sunn, withdraw to Bhanwarguphá, and taste the bliss of Sat Shabd. Please take me to Sat-pur (Sat Lok). (11)

जहँ से परे अलख देख, लोक एक अगम पेख,  
राधास्वामी पद अलेख, पंडित न जाने भेख,  
काजी न मुल्ला शेख, संत बिन न जाइये ॥ १२ ॥

*Jahan se paré alakh dekh, lok ek agam pekh,  
Radhasoami pad alekh, pandit ne jáné bhekh,  
kázi ne mullá shekh, sant bin ne jáiye.*

May I behold Alakh, then the next stage Agam Lok, and, finally the Region of Radhasoami, of which the learned and the priests and Maulvis know nothing at all. No one can reach there without the mercy and grace of Sants. (12)

एक कहूँ सीख मान, मन की तू छोड़ ठान,  
गुरु की गति अगम जान, शब्द भेद ले पहिचान,  
तेरी बुद्धि है अजान, काम क्रोध त्यागिये ॥ १३ ॥

*Ek kahun seekh mán, man kee tú chorph thán,  
guru kee gati agam ján, shabd bhed le pahichán,  
teri buddhi hai aján, kám krodh tyágiye.*

Sat Guru replies, "I tell you one thing, pay heed to my advice. Give up the dictates of your mind. Know that the position and status of Guru is 'Agam' (supremely great). Get initiated in the secrets of Shabd. Your understanding is poor. Go on giving up anger and lust. (13)

सतसंग की कदर जान, नर शरीर दुर्लभ मान,  
नाम रस करो पान, गुरु स्वरूप धरो ध्यान,  
इन्द्री मन कसो आन, पर्ख पर्ख चालिये ॥ १४ ॥

*Satsang kee kadar ján, nar shareer durlabh mán,  
nám ras karó pán, guru swaroop dharo dhyán,  
indri man kasó án, parkh parkh chaliye.*

Understand the importance of Satsang. Consider this human form very rare and precious. Drink the nectar of Nám. Contemplate the Form of Guru. Keep

the mind and the senses under control. In this way, keeping an eye on their conduct, go on proceeding slowly and gradually. (14)

मित्र तेरा कोइ नाहिं, कुल कुटुम्ब लूट खाहिं,  
जोबन धन साथ नाहिं, जक्त भर्म फाँस माहिं,  
काल कर्म खोस खाहिं, खान चार जाइये ॥ १५ ॥

*Mitra terá koi náhin, kul kutumb lóót kháhin,  
joban dhan sáth náhin, jakt bharm pháns máhin,  
kal karm khos kháhin, khan chár jáiye.*

There is none who is your friend. Your family and kith and kin are robbers. Wealth and vigour will not keep your company. The noose of the illusions and delusions of the world is round your neck. Kal and Karam are snatching away your capital from you. You will go to Chár kháns (four categories or species of life). (15)

जन्म जन्म नक्क बास, जम दिखावे अधिक त्रास,  
तड़पे तू स्वाँस स्वाँस, पुजवे न कहीं आस,  
पावे न सुख निवास, कष्ट बहु भोगाइये ॥ १६ ॥

*Janm janm nark bás, jam dikhávē adhik trás,  
tarapé tú swáns swáns, pujvé ne kahin ás,  
pávē ne sukh niwás, kasht bahu bhogáiyé.*

Life after life you will abide in hell. Jama will torment you badly. You will toss about in misery with every breath. Your desires will not be fulfilled. You will not get to the abode of happiness. You will be subjected to severe pain and agony. (16)

जक्त भोग छोड़ चाह, सबसे तू हो अचाह,  
संतन को खोज जाय, सतगुरु की सरन आय,  
वचन उनके मन समाय, बंद से छुड़ाइये ॥ १७ ॥

*Jakt bhog chhor cháh, sabsé tú ho acháh,  
santan ko khoj jái, satguru kee saran aay,  
bachan unké man samáy, band se chhudáiyé.*

Give up the desire for worldly pleasures. Be detached from all. Seek the company of Sants. Come under the shelter of Sat Guru. Implant His discourses and teachings in your heart. He will release you from bondages. (17)

गुरु का तू वचन पाल, मन की मति तुर्त टाल,  
बुद्धि के सांचे में ढाल, मनमुख का संग जाल,  
गुरुमुख की यही चाल, काल हाल जारिये ॥ १८ ॥

*Guru ka tú bachan pál, man kí mati turt tál,  
buddhi ke sánche māin dhál, manmukh ká sarg jál,  
gurumukh kee yahi chál, kál hál járiyé.*

Obey the commands of Guru. Discard immediately the dictates of the mind. Adopt right understanding. Abandon the company of a Manmukh (who obeys the dictates of the mind only). This is how a Gurumukh (devotee of Guru) should conduct himself. In this way you will be able to annihilate Kal. (18)

If you accept and act according to Guru's advice, what you will achieve, is described below.

सूरत नैना सम्हाल, तिल अकाश फाड़ डाल,  
निरखो जोती जमाल, द्वारे धस बंकनाल,  
अनहद पर धरो ख्याल, गगन में चढ़ाइये ॥ १६ ॥

*Soorat nainá samhál, til` akásh phár dál,  
nirkho joti jamál, dwáré dhas banknál,  
anhad par dharo khyál, gagan main chadháiyé.*

You will withdraw your spirit current from the eyes, penetrate the third Til, behold the dazzling flame, enter the gate of Banknál, hear Anhad Shabd and raise your Surat to Gagan. (19)

सुन्न शिखर चन्द्र देख, दसम द्वार सेत पेख,  
सरवर में मुक्ति लेख, किंगरी धुन सुन बिसेख,  
कर्म की मिटाओ रेख, हंस रूप धारिये ॥ २० ॥

*Sunn shikhar chandra dekh, dæsam dwár sait pekh,  
sarwar main mukti lekh, kingri dhun sún bisekh,  
karm ki mitáo rekh, hans roop dháriyé.*

You will behold the moon in the region of Sunn, see white luminous rays in Daswán Dwár, bathe in the Mánsarovar reservoir, attain Mukti Pad (redemption), hear the melodious Kingrí (fiddle), and erase the lines of Karams and become a Hansa. (20)

महा सुन्न अंध घोर, घाट अगम सुगम तोड़,  
सूरत जहँ कीन पोढ़, सतगुरु संग चली दौड़,  
भैंवरगुफा सुना शोर, सोहंग में समाइये ॥ २१ ॥

*Maha sunn andh ghor, ghát agam sugam tor,  
surat jahan keen podh, Satguru sang chali dáur,  
bhanwargupha suná shor, sohang main samaeye.*

Mahá-sunn is densely dark. But, in the company of Sat Guru, you will gain strength and penetrate the impregnable barrier; you will speed on, hear the sound of Bhanwarguphá and merge in Sohang. (21)

आगे की गली लीन्ह, धुन अनन्त शब्द चीन्ह,  
हंस मिले अति प्रवीन, प्रेम भाव वहुत कीन्ह,  
सत्तलोक द्वार लीन्ह, बीन धुन वजाइये ॥ २२ ॥

*Ágé kí gali leenh, dhun anant shabd cheenh,  
hans milé ati praveen, prem bhaobahutkeenh,  
sattlok dwár leenh, been dhun bajáiyé.*

You will proceed further, hear endless Dhuns and Shabds, and meet noble and excellent Hansas, who will receive you very warmly. You will get to the gate of Sat Lok and play on the Bín (harp). (22)

वहाँ से फिर चली पार, अलख लोक जा निहार,  
अलख पुरुष धुन सम्हार, देखा अचरज उजार,  
किया जाय धुन अधार, अलख दर्श पाइये ॥ २३ ॥

*Wahán sé phir chali pár, alakh lok já nihár,  
alakh purush dhun sarrhárá, dekhá achraj ujár,  
kiyá jayé dhun adhárá, alakh darsh paieyé.*

You will go ahead, see Alakh Lok, hear dhun resounding there, see marvellous splendour, make Dhun your support and sustenance and have Darshan of Alakh Purush. (23)

अगम लोक खबर पाय, ऊपर को चढ़ी धाय,  
अगम पुरुष दर्श पाय, तेज पुँज अजब जाय,  
अमी सिंध पहुंची आय, अगम रूप धारिये ॥ २४ ॥

*Agam lok Khabar páy, úpar ko chadhee dháy,  
agam purush darsh páy, tej punj ajab jáy,  
ami sindh pahunchi áy, agam roop dháriyé.*

You will get a clue to Agam Lok, rush onwards, have Darshan of Agam Purush, penetrate the reservoir of unique refulgence, reach the ocean of nectar and be one with Agam Purush. (24)

यहाँ से भी चली सुर्त, किया जाय वहाँ निर्त,  
जस समुद्र नदी रलत, चरनन पर सीस धरत,  
राधास्वामी संग मिलत, निज घर अपना पाइये ॥ २५ ॥

*Yahán se bhi chali surt, kiyá jáy wahán nírt,  
jas samudra nadi ralat, Charnan par sees dharat,  
Radhasoami sang milat, níj ghar apná páiye.*

From here too, you will march on, and dancing in ecstasy, place your head at the Holy Feet like a river merging in sea and meet Radhasoami. You will attain your Nij Ghar (True Home). (25)

कहूँ कहा बहुत कही, यही बात है सही,  
जन्म जन्म भूल रही, चरन धूर धार लई,  
करम भरम सभी बही, राधास्वामी गाइये ॥ २६ ॥

*Kahun Kahá bahut kahi, yahi bát hái sahí,  
jamn jamn bhool rahí, Charan dhoor dhár lai,  
karam bharam sabhi bahi, Radhasoami gáiyé.*

How far should I go on telling ? I have told enough, and what I have said is correct. You have been lost for innumerable lives. You now put the dust of the Holy Feet on your head. Let rituals and delusions be gone. Go on singing the Holy Name RADHASOAMI. (26)

लाओ अब प्रेम प्रीत, सतसंग में धरो चीत,  
पाओ फिर सत्त रीत, गाओ यह अगम गीत,  
बाजी यह लेव जीत, जग में कोई नाहिं मीत,  
मेरी तू कर प्रतीत, दिया सब बुझाइये ॥ २७ ॥

*Lao ab prem preet, satsang main dharo cheet  
pao phir Satt reet, gao yah Agam geet,  
bazi yah leo jeet, jag main Koi nahin meet,  
meri tú kar pratit, diyá sab bujháeye.*

Develop love and faith. Apply your mind to Satsang. Adopt the right modus operandi. Sing this Agam Geet (Song Eternal). Make the best use of this opportunity available to you in human form. There is no friend in the world. Have faith in Me. I have explained everything. (27)

(2)

## PRAYER

EVILS EMBEDDED IN THE MIND.

PRAYER FOR SPECIAL  
GRACE AND MERCY  
AND  
PROTECTION

गुरु मैं गुनहगार अति भारी ॥ टेक ॥  
काम क्रोध और छल चतुराई ।  
इन सँग है मेरी यारी ॥ १ ॥

*Guru main gunahgár ati bhári,  
kám krodh aur chhal chaturái,  
in sang hai meri yári.*

O Guru ! I am a confirmed sinner. I am much inclined to lust, anger, cunning and craft. (1)

लोभ मोह अहंकार ईर्षा ।  
मान बड़ाई धारी ॥ २ ॥

*Lobh moh ahankár eershá,  
mán badái dhári.*

I cherish greed and infatuation, pride and envy and name and fame. (2)

कपटी लम्पट झूठा हिंसक ।  
अस अस पाप करा री ॥ ३ ॥

*Kapti lampat jhootá . hinsak,  
us us páp kará ree.*

I am a hypocrite, a libertine, a liar and a tormentor.  
I have committed many sins. (3)

दुख निरादर सहा न जाई ।  
सुख आदर अभिलाख भरा री ॥ ४ ॥

*Dukkh nirádar sahá ne jái,  
sukh ádar abhilákh bhará ree.*

I cannot bear suffering and stand disrespect. I am  
full of desires for comfort and respect. (4)

विंजन स्वाद अधिक रस चाहे ।  
मन रसना यहि चाट पड़ा री ॥ ५ ॥

*Binjan swád adhik ras cháhey,  
man rasná yahi chát padá ree.*

I have a craving for delicious dishes. My mind and  
tongue are addicted to them. (5)

धन और कामिन चित्त वसाये ।  
पुत्र कलित्तर आस भरा री ॥ ६ ॥

*Dhan aur kámin chitt basáye,  
putra kalittar ás bhará ree.*

I have enshrined wealth and woman in my heart.  
I look hopefully to offspring and wife. (6)

नाना विधि दुख पावत पापी ।  
तो भी यह करतूत न छाँड़ी ॥ ७ ॥

*Naná vidhi dukh páwat pápi,  
tó bhiyah kartoot ne chhándi.*

A sinner that I am, I suffer a lot, but even then I am  
unable to give up my ways. (7)

यह मन दुष्ट काल का चेरा ।  
नित भरमावत निडर हुआ री ॥ ८ ॥

*Yah man dusht kál ká cherá,  
nit bharmawát nidar huá ree.*

This vicious mind, an agent of Kal, always going  
on the wrong track, has become non-chalant. (8)

जब जब चोट पड़ी दुक्खन की ।  
तब डर डर कर भजन करा री ॥ ९ ॥

*Jab jab chot padi dukkhan kee,  
tab dar dar kar bhajan kará ree.*

Whenever overtaken with troubles and sorrows,  
my mind becomes frightened and applies itself to  
Bhajan. (9)

देखो दया मेहर सतगुरु की ।  
उसी भजन को मान लिया री ॥ १० ॥

*Dekho dayá mehar satguru kee.  
usi bhajan ko mán liyá ree.*

But how kind and gracious is Sat Guru that He accepts even that Bhajan ! (10)

तुधि चतुराई दचन बनावट ।  
हार जीत की चरचा धारी ॥ ११ ॥

*Budhi chaturái bachan baniawat,  
hár jeet kee charchá dhári.*

I am very shrewd and talkative, always fond of arguing to carry my point. (11)

शेखी वहुत प्रीत नहिं अंतर ।  
भोले भक्तन धोख दिया री ॥ १२ ॥

*Shekhi bahut preet nahin antar,  
bhole bhaktan dholkh diyá ree.*

I brag a lot, but internally, I have no love. I deceive innocent devotees thus. (12)

नर नारी वहतक वस कीन्हे ।  
मान प्रतिष्ठा भोग किया री ॥ १३ ॥

*Nar nári bahutak bas keenhe,  
mán pratishthá bhog kiyá ree.*

I have brought many men and women under my influence. I have enjoyed much honour and respect. (13)

गुरु संग प्रीत कपट कुछ डर की ।  
कभी थोड़ी कभी बहुत किया री ॥ १४ ॥

*Guru sang preet kapat kuch dar kee,  
kabhi thori kabhi bahut kiyá ree.*

I have shown love for Guru partly out of fear, and partly due to my hypocrisy. Sometimes my love has been only a little, at other times, it has been more. (14)

कहँ लग औगुन बरनूँ अपने ।  
याद न आवत भूल गया री ॥ १५ ॥

*Kahn lag augun barnu apne,  
yád ne áwat bhúl gayá ree.*

How far can I go on counting my faults ? I do not even remember them. (15)

चोर चुगल इन्द्री रस माता ।  
मतलब की सब बात विचारी ॥ १६ ॥

*Chor chugal indri ras mátá,  
matlab ki sab bát vichári.*

I am a thief, a back-biter, and one lost in sensual pleasures. I think of my own self only. (16)

खुद मतलबी निर्दई मानी ।  
बहुतन का अपमान किया री ॥ १७ ॥

*Khud matlabi nirdayí máni,  
bahutan ká apmán kiyá ree.*

I am selfish, unkind and arrogant. I have insulted many. (17)

कोटिन पाप किये बहुतेरे ।  
कहूँ कहाँ लग वार न पारी ॥ १८ ॥

*Kotin páp kiye bahutéré,  
kahun kahán lag vár ne pári.*

Crores of sins have I committed. How can I describe them ? There is no end of them. (18)

हे सतगुरु अब दया विचारो ।  
क्या मुख ले मैं करूँ पुकारी ॥ १९ ॥

*Hé satguru ab dayá vicháro,  
kya mukh lay main karun pukári.*

O Sat Guru ! Have pity on me. With what face can I implore Thee ? (19)

नहिं परतीत प्रीत नहिं रंचक ।  
कस कस मेरा करो उबारी ॥ २० ॥

*Nahin parteet preet nahin ranchak,  
kas kas merá karo ubári.*

I have no love and faith. I wonder how Thou wouldest redeem me. (20)

मो सा कुटिल और नहिं जग में ।  
तुम सतगुरु मोहिं लेव सुधारी ॥ २१ ॥

*Mo sá kutil aur nahin jag main,  
tum satguru mohin leo sudhári.*

Nobody in the world is more harsh and cruel than myself. O Sat Guru ! Reform me. (21)

जतन कर्ले तो बन नहिं आवत ।  
हार हार अब सरन पड़ा री ॥ २२ ॥

*Jatan karun tó ban nahin áwat,  
hár hár ab saran pará ree.*

I make efforts for improvement, but fail miserably. Tired and vanquished, I now place myself in Thy Saran (protection). (22)

यह भी बात कही मैं मुँह से ।  
मन से सरना कठिन भया री ॥ २३ ॥

*Yah bhi bát kahi main munh sé,  
man se sarná kathin bhayá ree.*

But this is only a lip service. It has become difficult for me to take Thy Saran (shelter) sincerely. (23)

सरना लेना यह भी कहना ।  
झूठ हुआ मुँह का कहना री ॥ २४ ॥

*Sarna lená yah bhi kahná  
Jhoot huá munh ká kahná ree.*

So, even to say that I have taken Thy Saran is not true. (24)

तुम्हरी गति मति तुम ही जानो ।  
जस तस मेरा करो उबारी ॥ २५ ॥

*Tumhri gati mati tum hi jáno,  
jas tus merá karo ubári.*

Thy position and power are known to Thee alone.  
Please do save me somehow. (25)

मैं तो नीच निपट संशय रत ।  
लगे न चरनन प्रीत करारी ॥ २६ ॥

*Main tó neech nipat sanshay rat,  
lagé ne charnan preet karári.*

I am low and completely drowned in doubts and misgivings. I cannot engender love for Thy Holy Feet. (26)

मेरे रोग असाध भरे हैं ।  
तुम बिन को अस करे दवा री ॥ २७ ॥

*Meré rog asádh bhare hain,  
tum bin ko us karé davá ree.*

I am a victim of incurable maladies. Except Thou, who can cure me ? (27)

जब चाहो जब छिन में टारो ।  
मेहर दया की मौज निरारी ॥ २८ ॥

*Jab chaho jab chin main táro,  
mehar dayá ki mauj nirári.*

Inscrutable are the ways of Thy Mauj (Pleasure) and Dayá (Grace and Mercy). In the twinkling of an eye, Thou canst cure me of all evils and maladies. (28)

बारम्बार करूँ मैं बिनती ।  
 और प्रार्थना करूँ तुम्हारी ॥ २६ ॥  
 तुम बिन और न कोई दीखे ।  
 तुमहीं हो मेरे रखवारी ॥ ३० ॥

*Bárambár karun main bintí  
 aur prárthná karun tumhári.  
 tum bin aur ne koi deekhé,  
 tum hí ho mere rakhwári.*

Again and again I beseech Thy Graciousness. But for Thou, none do I see. Thou alone art my Saviour. (29–30)

बुरा बुरा फिर बुरा बुरा हूँ ।  
 जैसा तैसा आन पड़ा री ॥ ३१ ॥

*burá burá phir burá burá hun,  
 jaisá taisá án padá ree.*

Very, very bad I am—  
 very, very bad indeed;  
 but whatever I am,  
 I've fallen at Thy Feet. (31)

अब तो लाज तुम्हें है मेरी ।  
 राधास्वामी खेवो बला री ॥ ३२ ॥

*Ab tó láj tumhen hai merí.  
Radhasoami khevo balá ree.*

To protect me is a question of Thy honour now.  
O Radhasoami ! Save me from all evils and calamities. (32)

[*Sar Bachan Radhasoami Poetry,*  
*Part II, Bachan 29, Shabd 3]*

(3)

## SHABD (Hymn)

### FOR RECITATION AT THE TIME OF (MENTALLY) OFFERING FOOD TO RADHASOAMI DAYAL BEFORE MEALS

भाव भक्ति से बिंजन करती ।  
थाल परोस स्वामी ढिंग धरती ॥ १ ॥

*Bháv bhakti sé binjan karti  
thálparos soami dhing dharti.*

With love and devotion I prepare food, arrange the various items in a thál (platter) and place it before Soami. (1)

जब राधास्वामी ने भोग लगाया ।  
मगन हुआ मन अति सुख पाया ॥ २ ॥

*Jab Radhasoami ne bhóg lagáyá,  
magan huá man ati sukh páyá.*

When Radhasoami partakes of food, I am very much delighted. (2)

ग्रास दिया परशादी का जब ही ।  
घट के परदे खुल गये तब ही ॥ ३ ॥

*Grás diyá Parshádi ká jab hi  
ghat ke parde khul gaye tab hi.*

When He graciously gives me a morsel of Prashád,  
all my internal barriers are removed. (3)

राधास्वामी राधास्वामी छिन छिन गया ।  
फिर सतसंगी सब मिल पाया ॥ ४ ॥

*Radhasoami Radhasoami chín chín gýá,  
phir Satsangi sab mil páyá.*

Satsangis recite and chant Radhasoami Radhasoami,  
and then all partake of the Prashád. (4)

राधास्वामी पुरुष अपारा ।  
कहूँ कहा कुछ अजब बहारा ॥ ५ ॥

*Radhasoami purush apárá,  
kahun kahá kuch ajab bahará.*

Radhasoami is the Supreme Being. How should I  
describe His unique grandeur! (5)

छिन छिन राधास्वामी रूप निहारूँ ।  
पल पल राधास्वामी हिरदे धारूँ ॥ ६ ॥

*Chín chín Radhasoami ríp nihárun,  
pal pal Radhasoami hirdey dhárun.*

All the time, I behold the Rúp (Form) of  
Radhasoami. I enshrine Radhasoami in my heart. (6)

धन धन धन धन क्या कहुँ महिमा ।  
राधास्वामी २ पल पल कहना ॥ ७ ॥

*Dhan dhan dhan dhan kyá kahun mahimá,  
Radhasoami Radhasoami pal pal kahná.*

How can I sing His praises except by offering thanks again and again, and repeating Radhasoami Nám every moment ? (7)

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**Part II**  
**SHABDS (HYMNS)**  
for  
**WEEKLY RECITATION**

**Section (1)**

**ADMONITION**

(1)

मौत से डरत रहो दिन रात ॥टेक॥  
एक दिन भारी भीड़ पड़ेगी ।  
जम खूंदेंगे धर धर लात ॥ १ ॥

Be afraid of death day and night. One day a crowd of mourners will gather at your place. The agents of Jama (Kál) will trample you. (1)

वा दिन की तुम याद बिसारी ।  
अब भोगन में रहो भुलात ॥ २ ॥

You give no thought to that day. You are lost in pleasures now. (2)

एक दिन काठी बने तुम्हारी ।  
चार कहरबा लादे जात ॥ ३ ॥

One day, four pall-bearers will take you to the crematorium on a bier. (3)

भाई बन्धु कुटुम्ब परिवारा ।  
सो सब पीछे भागे जात ॥ ४ ॥

Brothers, kinsmen, relatives will all be running as pall-bearers. (4)

आगे मरघट जाय उतारा ।  
तिरिया रोए बिखेरे लाट ॥ ५ ॥

They will place you at the crematorium. Your wife will wail and mourn with her hair dishevelled in agony. (5)

वहाँ जमपुर में नक्न निवासा ।  
यहाँ अग्नी में फूँके जात ॥ ६ ॥

Here you will be burnt in fire. There, you will find abode in hell. (6)

दोनों दीन बिगाड़े अपने ।  
अब नहिं सुनता सतगुरु बात ॥ ७ ॥

As you do not now heed the advice of Sat Guru, you are ruining your life both in this world and in the world hereafter. (7)

वा दिन बहु पछतावा होगा ।  
अब तुम करते अपनी घात ॥ ८ ॥

On that day, you will repent very much. At present, you are doing harm to your self. (8)

ज्वानी गई वृद्धता आई ।  
अब कैं दिन का इनका साथ ॥ ६ ॥

Your youth is gone and old age has arrived. How long will the world keep you company ? (9)

चेत करो मानो यह कहना ।  
गुरु के चरन झुकाओ माथ ॥ १० ॥

Take warning. Bow down your head at the Holy Feet of Guru. (10)

राधास्वामी कहत सुनाइ ।  
अब तुमको बहु विधि समझात ॥ ११ ॥

Radhasoami has now explained you everything. (11)

[*Sar Bachan Radhasoami Poetry,*  
*Part I, Bachan 15, Shabd 6]*

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(2)

मित्र तेरा कोई नहीं सँगियन में ।  
पड़ा क्यों सोवे इन ठगियन में ॥ १ ॥

Among your associates and companions none is a friend. Why are you asleep, in the midst of these robbers and cheats ? (1)

चेत कर प्रीत करो सतसंग में ।  
गुरु फिर रँग दें नाम अरँग में ॥ २ ॥

Awake and attach yourself to Satsang. Guru will then dye you in the colour of pure Nám. (2)

धन सम्पति तेरे काम न आवे ।  
छोड़ चलो यह छिन में ॥ ३ ॥

Wealth and property will be of no avail to you. Give them up instantly. (3)

आगे रैन अंधेरी भारी ।  
काज करो कुछ दिन में ॥ ४ ॥

Accomplish your task while it is still day-time, for ahead is the night dark. (4)

यह देही फिर हाथ न आवे ।  
फिरो चौरासी बन में ॥ ५ ॥

You will not get this human form again. You will wander in the wilderness of Chaurásí. (5)

गुरु सेवा कर गुरु रिझाओ ।  
आओ तुम इस ढँग में ॥ ६ ॥

Serve Guru. Secure His pleasure. Conform to this mode of conduct and behaviour. (6)

गुरु बिन तेरा और न कोई ।  
घार बचन यह मन में ॥ ७ ॥

Bear in mind that except Guru, you have no friend. (7)

जगत जाल में फँसो न भाई ।  
निस दिन रहो भजन में ॥ ८ ॥

Do not get entangled in the meshes of the world.  
Keep yourself engaged in Bhajan (devotion, prayers) day  
and night. (8)

साध गुरु का कहना मानो ।  
रहो उदास जगत में ॥ ९ ॥

Accept the precepts of Sádh and Guru and remain  
indifferent to the world. (9)

छल बल छोड़ो और चतुराई ।  
क्यों तुम पड़ो कुगति में ॥ १० ॥

Give up cunning and craft. Why do you plunge  
yourself into a deplorable condition ? (10)

सुमिरन करो गुरु को सेवो ।  
चल रहो आज गगन में ॥ ११ ॥

Perform Sumiran and serve Guru. Elevate your  
Surat to higher regions this very day. (11)

कल की खबर काल फिर लेगा ।  
वहाँ तुम जलो अग्नि में ॥ १२ ॥

Otherwise, कल kal (tomorrow), काल Kál will  
settle accounts with you. There, you will be thrown into  
the fire of hell. (12)

अब ही समझ देर मत करियो ।  
ना जानूं क्या होय इस पन में ॥ १३ ॥

Take heed right now. It is not known, what may happen next moment. (13)

यों समझाय कहें राधास्वामी ।  
मानो एक बचन में ॥ १४ ॥

Radhasoami explains this to you. One admonition should be enough for your correction. (14)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 15, Shabd 5*]

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(3)

देखो सब जग जात बहा ॥ टेक ॥  
देख देख मैं गति या जग की ।  
बार बार यों वर्ण कहा ॥ १ ॥

Lo ! The whole world is drifting. Seeing this pitiable condition, I caution you again and again. (1)

चारों युग चौरासी भोगी ।  
अति दुख पाया नर्क रहा ॥ २ ॥

In all the four Yugas, you have been subject to transmigration, undergoing severe pains and the torments of hell. (2)

जन्म जन्म दुख पावत बीते ।  
इक छिन कर्हीं न चैन लहा ॥ ३ ॥

Innumerable lives have been spent in suffering pain. Nowhere could you secure peace for a moment. (3)

पाप पुन्य वस विपता भोगी ।  
नहिं सतगुरु का चरन गहा ॥ ४ ॥

You suffered from disasters and adversities, as a result of your good and evil acts, and because you did not fall at the Holy Feet of Sat Guru. (4)

अब यह देह मिली किरपा से ।  
करो भक्ति जो कर्म दहा ॥ ५ ॥

Now you have been blessed with this human form. You should engage in Bhakti, so that the Karams (effects of good and evil acts) be eradicated and washed away. (5)

अब की चूक माफ़ नहिं होगी ।  
नाना विधि के कष्ट सहा ॥ ६ ॥

Negligence on your part this time, will not be forgiven; you will have to undergo all sorts of troubles. (6)

गुफ़लत छोड़ भुलाओ ज़ंग को ।  
नाम अमल अब घोट पिया ॥ ७ ॥

Give up negligence, forget the world and drink the beverage of Nám. (7)

मन से डरो करो गुरु सेवा ।  
राधास्वामी भेद दिया ॥ ८ ॥

Serve Guru with awe and reverence. This is the secret Radhasoami has disclosed. (8)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 15, Shabd 10]

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(4)

यहाँ तुम समझ सोच कर चलना ॥ टेक ॥  
यह तो राह बड़ी अति टेढ़ी ।  
मन के साथ न पड़ना ॥ १ ॥

Conduct yourself cautiously and prudently in the world. The path is crooked, strewn with obstacles. Do not be swayed by the dictates of mind. (1)

भौजल धार बहे अति गहरी ।  
बिन गुरु कैसे पार उतरना ॥ २ ॥

The ocean of worldly existence is very deep. How can you get to the other side without the help of Guru ? (2)

गुरु से प्रीत करो तुम ऐसी ।  
जस कामी कामिन सँग धरना ॥ ३ ॥

Love Guru as intensely as a lustful man loves his sweet-heart. (3)

संग करो चेटक चित राखो ।  
मन से गुरु के चरन पकड़ना ॥ ४ ॥

Associate with Guru. Remember Him all the time.  
Cling to His Feet sincerely. (4)

छल बल कपट छोड़ कर बरतो ।  
गुरु के बचन समझना ॥ ५ ॥

Give up fraud and hypocrisy. Follow Guru's precepts. (5)

डरते रहो काल के भय से ।  
खबर नहीं कब मरना ॥ ६ ॥

Be always fearful of Kál. Death may come any moment. (6)

स्वाँसो स्वाँस होश कर बौरे ।  
पल पल नाम सुमिरना ॥ ७ ॥

O wanton mind ! Come to your senses and remain vigilant as you take each breath of your life. Repeat the Name RADHASOAMI every moment. (7)

यहाँ की ग़फ़लत बहुत सतावे ।  
फिर आगे कुछ नहि बन पड़ना ॥ ८ ॥

Negligence in this life will bring torments and harassments in future and you will be unable to mend your mistakes then. (8)

जो कुछ बने सो अभी बनाओ ।  
फिर का कुछ न भरोसा धरना ॥ ६ ॥

Whatever you have to accomplish, accomplish it now. Do not rely on the future. (9)

जग सुख की कुछ चाह न राखो ।  
दुख में इसके दुखी न रहना ॥ १० ॥

Desire not the pleasures of the world, nor be affected by its sorrows. (10)

दुख की घड़ी गुनीमत जानो ।  
नाम गुरु का छिन छिन भजना ॥ ११ ॥

Welcome the hour of trouble and calamity, for then one comes to remember and utter the Holy Name every moment. (11)

सुख में ग़ाफ़िल रहत सदा नर ।  
मन तरंग में दम दम बहना ॥ १२ ॥

While in affluent circumstances, one always remains negligent and careless. One is carried away by the waves of the mind. (12)

ता ते चेत करो सतसंगत ।  
दुख सुख नदियाँ पार उतरना ॥ १३ ॥

Therefore, attend Satsang with care and vigilance, and you will get across the rivers of pain and pleasure. (13)

अपना रूप लखो घट भीतर ।  
फिर आगे को सूरत भरना ॥ १४ ॥

Realize your real form within, and then proceed further with your Surat. (14)

राधास्वामी कहें बुझाई ।  
शब्द गुरु से जा कर मिलना ॥ १५ ॥

Radhasoami enjoins upon you to ascend and meet Shabd-Guru. (15)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 15, Shabd 14*]

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(5)

मन रे क्यों गुमान अब करना ॥ टेक ॥  
तन तो तेरा ख़ाक मिलेगा ।  
चौरासी जा पड़ना ॥ १ ॥

O mind ! What makes you proud ? This body of yours will mingle in dust and you will be thrown into the cycle of Chaurási. (1)

दीन ग़रीबी चित में धरना ।  
काम क्रोध से बचना ॥ २ ॥

Be humble and meek of heart. Avoid Kám (desire, passion) and Krodh (anger). (2)

प्रीत प्रतीत गुरु की करना ।  
नाम रसायन घट में जरना ॥ ३ ॥

Engender love for and faith in Guru. Prepare the elixir of Nám within yourself. (3)

मन मलीन के कहे न चलना ।  
गुरु का बचन हिये बिच रखना ॥ ४ ॥

Do not act upon the dictates of your impure mind.  
Treasure Guru's precepts in your heart. (4)

यह मतिमंद गहे नहिं सरना ।  
लोभ बढ़ाय उद्ध को भरना ॥ ५ ॥

Your stupid mind does not take the Saran of Guru.  
Becoming more and more greedy, it gets surfeited. (5)

तुम मानो मत इसका कहना ।  
इसके संग जगत बिच गिरना ॥ ६ ॥

Do not follow the dictates of your mind. If you do so, you will be lost in the world. (6)

इस मूरख को समझ पकड़ना ।  
गुरु के चरन कभी न बिसरना ॥ ७ ॥

You have to deal with your stupid mind very carefully. Do not forget the Holy Feet of Guru. (7)

गुरु का रूप नैन में धरना ।  
सुरत शब्द से नभ पर चढ़ना ॥ ८ ॥

Fix the countenance of Guru in your eyes. Ascend to higher regions by means of Surat Shabd Yoga. (8)

राधास्वामी नाम सुमिरना ।  
जो वह कहें चित्त में धरना ॥ ६ ॥

Perform Sumiran of RADHASOAMI, and keep in your mind whatever He says. (9)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 15, Shabd 15*]

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(6)

मन की मत मान के पछताओगे ।  
नज़रे मेहर से गिर जाओगे ॥ १ ॥

You will have to repent if you follow the dictates of the mind. You will be deprived of the favour of the benign and merciful glance. (1)

भूलो मत दुनिया में रहना हुशियार ।  
काल के द्वारे पै टकराओगे ॥ २ ॥

Do not be led astray. Remain careful and alert in the world. Otherwise, you will have to knock at Kal's door. (2)

करनी का आपने क्या दोगे जवाब ।  
धर्म के सामने चकराओगे ॥ ३ ॥

How will you account for your action when you are hauled up before Dharam Rái, the lord of justice ? You will then be at your wit's end. (3)

पकड़ो सतगुरु के चरन जल्दी से ।  
रक्षा हो जावेगी जो उनकी सरन आओगे ॥ ४ ॥

Grasp Guru's holy feet forthwith. You will be saved if you take His Saran (refuge). (4)

जो न मानोगे बचन काल करेगा सख्ती ।  
देख जमदूतों को घबराओगे ॥ ५ ॥

If you do not pay heed to these words of advice, Kal will deal with you harshly. You will shudder at the sight of Jama-doots (myrmidons of death). (5)

सख्त दुख भोगोगे चौरासी में ।  
दामन अपना जो कहीं माया को पकड़ाओगे ॥ ६ ॥

You will suffer great pain and misery in the cycle of Chaurásí if you allow yourself to be led by Maya. (6)

राधास्वामी का सुमिर नाम हिये से अपने ।  
छिन में सब दुखों से बच जाओगे ॥ ७ ॥

Utter RADHASOAMI Nám with your Hiyá (heart). You will then be saved from all pains in the twinkling of an eye. (7)

[Prem Bani Radhasoami,  
Part IV, Bachan 39, Ghazal 19]

(7)

आज चलो बिदेसन अपने देश ।  
 [पिया के देश] ॥टेक ॥  
 या जग में पूरा सुख नाहीं ।  
 फिर फिर भोगो करम कलेश ॥ १ ॥

O sojourner ! Repair to your own region which is the abode of your Beloved. This world is not of true and perfect happiness. You have to repeatedly suffer pain and agony as a consequence of your Karams. (1)

चलो चलो नित काल पुकारे ।  
 एक दिन तजना यह परदेश ॥ २ ॥

Proceed right now. Death is constantly calling you and you will have to leave this alien region one day. (2)

धन संपति कुछ संग न जावे ।  
 छिन में छूटें यहाँ के ऐश ॥ ३ ॥

Wealth and property will not accompany you. All pleasures of this region will part company with you in a moment. (3).

याते सोचो समझो प्यारी ।  
 अब ही सम्हालो अपनी बैस ॥ ४ ॥

Therefore, O dear, think over the matter. Take heed and make your life fruitful right now. (4)

सतगुरु खोज बांध जुग उनसे ।  
मन से त्यागो माया लेश ॥ ५ ॥

Seek Sat Guru and attach yourself to Him. Give up your adherence to Maya in right earnest. (5)

प्रीत प्रतीत धार हिये अंतर ।  
सुरत शब्द गह पहुँचो शेष ॥ ६ ॥

Engender love and faith at heart. Repair to Sunn (Das-wán-Dwár) by performing Surat Shabd Yoga. (6)

वहाँ से सतपुर चलो अधर चढ़ ।  
सुरत धरे जहाँ हंसा भेष ॥ ७ ॥

Ascend higher from there and proceed to Sat Lok where Surat will assume the form of a Hansa. (7)

राधास्वामी धाम गई अब निज घर ।  
पाया परमानन्द हमेश ॥ ८ ॥

Then repair to Radhasoami Dham, the Original Abode, and attain Supreme and ever lasting bliss (8)

अमर हुई दुख सुख सब छूटे ।  
नित बिलास करे और ऐश ॥ ९ ॥

You will then become immortal and absolutely free from pain and pleasure and enjoy constant bliss and happiness. (9)

(8)

कोई करो गुरु का सतसंग आज ॥ टेक ॥  
 जो जग सँग तुम रहो लिपटाई ।  
 परमारथ का होय अकाज ॥ १ ॥

Attend Guru's Satsang this very day. If you remain engrossed in the world, you will spoil your Parmárh (spiritual welfare). (1)

जम के दूत सतावें तुमको ।  
 लख चौरासी नचावें नाच ॥ २ ॥

The agents of Jama will torment you, and will make you dance up and down in the cycle of eightyfour (transmigration). (2)

सतगुरु खोज करो उन सतसंग ।  
 छोड़ जगत और कुल की लाज ॥ ३ ॥

Seek Satguru and attend His Satsang. Give up all fear and regard for the world and your family. (3)

प्रीत करो उन चरनन गहरी ।  
 भक्ति भाव का पावो साज ॥ ४ ॥

Engender deep love for Guru's holy feet. You will be adorned with devotion and faith. (4)

शब्द भेद ले सुरत चढ़ाओ ।  
 त्रिकुटी जाय करो वहाँ राज ॥ ५ ॥

Getting initiated in the secrets of Shabd, elevate your Surat. Going to Trikuti, enjoy sovereignty there. (5)

राधास्वामी परम पुरुष दातारा ।  
करें मेहर से पूरन काज ॥ ६ ॥

Radhasoami is the most Munificent Supreme Being. He, in His grace and mercy, will accomplish your task. (6)

[*Prem Bani Radhasoami*,  
Part II, Bachan 12, Shabd 5]

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(9)

आज पकड़ो गुरु के चरन सम्भार ॥ टेक ॥  
बिन गुरु तेरा और न कोई ।  
वोही हैं तेरे रखवार ॥ १ ॥

Grasp firmly Guru's Holy Feet this very day. There is none except Guru whom you may call your true benefactor. He alone is your protector. (1)

कब लग मन सँग खाओ झंकोले ।  
कब लग भरमो जग की लार ॥ २ ॥

How long will you be knocked about by the mind?  
How long will you wander with the world ? (2)

जगत भोग सब रोग पहिचानो ।  
इनकी चाह मन से तज डार ॥ ३ ॥

You should know that worldly pleasures are diseases. Give up desire for them from your mind. (3)

दृढ़ परतीत धरो गुरु चरनन ।  
और बढ़ाओ दिन दिन प्यार ॥ ४ ॥

Have firm faith in the Holy Feet of Guru. Enhance your love for Him day by day. (4)

तेरा काज करेंगे वोही ।  
गुफ़लत तज अब हो हुशियार ॥ ५ ॥

He alone will accomplish your task. Give up negligence and be alert. (5)

घट में थिर होय करो कमाई ।  
सुनो सुरत से धुन झनकार ॥ ६ ॥

Be steady within and engage in spiritual practices. Listen to the ringing of Shabd by means of your Surat. (6)

राधास्वामी मेहर से सुरत चढ़ावें ।  
पहुंचावें तोहि धुर दरबार ॥ ७ ॥

Radhasoami, in His grace, will elevate your Surat and take you to the Highest Region. (7)

[*Prem Bani Radhasoami*,  
Part II, Bachan 12, Shabd 9]

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### (10)

गुरु प्यारे का ले तू नाम सम्भार ॥ टेक ॥  
राधास्वामी धाम का बांध निशाना ।  
राधास्वामी नाम सुभिर हर बार ॥ १ ॥

Sing the praises of the Beloved Guru with respect and reverence. Fix Radhasoami Dhám as your goal and perform the Sumiran of RADHASOAMI Nám all the time. (1)

यही नाम निज नाम पिछानो ।  
और नाम सब तज दो झाड़ ॥ २ ॥

Convince yourself that this Nám alone is Nij Nám (real and Dhwanyátmak Name of the Supreme Being). Discard all other names. (2)

इसी नाम का लेकर भेदा ।  
सुन सुन धुन घट में चढ़ यार ॥ ३ ॥

Getting initiated in the secrets of this very Nám, hear its dhun (reverberations) within you and ascend to higher regions. (3)

प्रीत प्रतीत धार अब मन में ।  
राधास्वामी नाम का कर आधार ॥ ४ ॥

Engender love and faith within you. Make RADHASOAMI Nám your prop and support. (4)

राधास्वामी दया संग ले अपने ।  
सहज चलो भौसागर पार ॥ ५ ॥

Relying upon the grace and mercy of Radhasoami, get across the ocean of the world easily. (5)

(11)

आज तजो सुरत निज मन का मान ॥ टेक ॥  
 इसी मान ने जग भरमाया ।  
 यही मान करे सब की हान ॥ १ ॥

O Surat ! Give up the ego and pride of the mind. It is this ego which has deluded all the world. It is causing harm to all. (1)

अहंग बुद्धि परदा है भारी ।  
 निज स्वरूप गुरु कभी न दिखान ॥ २ ॥

Egotism is an insurmountable barrier. It never lets the Jiva have Darshan of the Nij Swarúp (True Form) of Guru. (2)

मान मनी जिस घट में भरिया ।  
 हिये नैन वा के कभी न खुलान ॥ ३ ॥

The inner eye of one, who is full of pride and egotism, will never open. (3)

याते सबको ऐसा चहिए ।  
 अपनी कसर नित निरखें आन ॥ ४ ॥

Therefore, it is incumbent upon all to introspect and see their own faults every day. (4)

दीन होय गिर सतगुरु चरना ।  
 अपने को जानो अनजान ॥ ५ ॥

In all humility, fall at Guru's Holy Feet and consider yourself unwise and ignorant. (5)

तब सतगुरु और साध दया कर ।  
भेद सुनावें अधर ठिकान ॥ ६ ॥

It is then that Satguru and Sádh, in their grace and mercy, will impart to you the knowledge of higher regions. (6)

प्रीत सहित उन सतसंग करना ।  
रहनी उन अनुसार रहान ॥ ७ ॥

Attend Their Satsang with love, and follow Their ways of living. (7)

सुन उन बचन भाव जग त्यागो ।  
सुरत शब्द का गहो निशान ॥ ८ ॥

Listening to Their discourses, cast off all your regard for the world. Adopt the path of Surat Shabd Yoga. (8)

दास अंग ले सेवा करना ।  
ताड़ मार उन सहो निदान ॥ ९ ॥

Perform Their Sewa with the attitude of a slave. Put up with Their admonitions. (9)

काम क्रोध को मन से तजना ।  
सील छिमा चित माहिं बसान ॥ १० ॥

Cast off from your mind Kam and Krodh (lust and anger). Implant serenity and compassion in your heart. (10)

जो कोइ बचन कहें तोहि कद्गवा ।  
और कोइ तान और दोष लगान ॥ ११ ॥  
नीच निकाम समझ आपे को ।  
तो भी उनसे मन न फिरान ॥ १२ ॥

If Sadh and Guru say harsh words to you, and reproach, rebuke or blame you, even then do not turn your back towards Them, but consider yourself to be lowly and worthless. (11-12)

कोई बात से मन नहिं उलटे ।  
गुरु को नित तू गुरु ही जान ॥ १३ ॥

See that your mind does not turn away from Guru on any account. Always regard your Guru as Guru. (13)

भय और भाव सदा उन राखो ।  
बचन सुनो उन चित से आन ॥ १४ ॥

Have awe and reverence for Him all the time. Listen to His discourses attentively. (14)

बचन अनुसार करो तुम करनी ।  
गहनी रहनी संग मिलान ॥ १५ ॥

Make spiritual endeavours and mould your conduct and way of living in accordance with Guru's discourses. (15)

अस अस भाव लाय जो गुरु से ।  
उसको दें अपनी पहिचान ॥ १६ ॥

Guru Himself will enable that Jiva to recognize Him who engenders love and faith in this manner. (16)

उमंग उमंग करे सेवा निस दिन ।  
हरख हरख करे दरशन आन ॥ १७ ॥

Day and night, he performs Guru's Sewá with zeal and enthusiasm, and feels delighted on getting His Darshan. (17)

दिन दिन जागे प्रीत नवीना ।  
धर परतीत करे उन ध्यान ॥ १८ ॥

Day by day, fresh love arises within him, and he contemplates the form of Guru with faith. (18)

दीन होय मन बस में आवे ।  
शब्द माहिं तब सुरत समान ॥ १९ ॥

His mind will become humble and come under his control. Surat will then merge in Shabd. (19)

प्रेम धार नित घट में जारी ।  
दिन दिन अनुभव सहज जगान ॥ २० ॥

The current of love will then flow unabated within him and Anubhav (realization) will dawn on him day by day. (20)

रहन गहन गुरुमुख की गाई ।  
गुरुमुख होय सो ले पहिचान ॥ २१ ॥

This is how a Gurumukh lives and behaves. He who is a Gurumukh will know this. (21)

राधास्वामी मेहर रहे नित संगा ।  
सहज सहज पट अधर खुलान ॥ २२ ॥

Radhasoami's grace will always be with him. His internal barriers will be easily removed. (22)

जोत निरख पहुंचे गगनापुर ।  
सुन्न परे मुरली सुन तान ॥ २३ ॥

After beholding Jyoti (the flame), he will reach Trikuti. Then, on proceeding beyond Sunn, he will hear the melodious sound of the flute. (23)

सत्त नूर सतपुर जाय निरखे ।  
अलख अगम के महल बसान ॥ २४ ॥

He will witness the refulgence of Sat Purush in Sat Lok, and then go to the mansions of Alakh and Agam. (24)

वहाँ से धुर घर पहुंचे छिन में ।  
राधास्वामी चरन परस मगनान ॥ २५ ॥

From there, he will reach the Original Abode in a moment and will be delighted to touch the holy Feet of Radhasoami. (25)

(12)

मन के घाट बैठ सुर्त ।  
 घर की सुद्ध विसारी ॥  
 इन्द्रियन सँग भरमाय ।  
 फँसी अब भोगन लारी ॥  
 पाँच दूत मिल खेंचते ।  
 याहि अपनी अपनी ओर ॥  
 बिन सतगुरु अस कौन है ।  
 जो देहि ठिकाना ठौर ॥  
 खोज सतगुरु का करो प्यारी ॥१॥

Having taken her seat on the plane of the mind,  
 Surat has become oblivious of her original home. Going  
 astray with the senses, she has got entangled in the  
 pleasures of the world. The five Doots (myrmidons of  
 Jama) drag her in different directions. Without Sat Guru,  
 who is there to give her shelter ? Therefore, O beloved  
 Surat ! Seek Sat Guru. (1)

पंडित भेख शेख और मुल्ला ।  
 देखे सब संसारी ॥  
 इनका संग करे जो कोई ।  
 जाय न भौजल पारी ॥  
 यह सब अटके मान में ।  
 और लोभ संग भरमाय ॥  
 काल करम के जाल में ।  
 यह फिर फिर भौ भटकाय ॥  
 साध सँग ले गुरु ज्ञान विचारी ॥२॥

Pandit, Bhekh, Shekh and Mulláh are all worldly-minded. He who associates with them, will not get across the ocean of the world. All these people are entangled in name and fame, and greed and avarice. They again and again fall into the trap of Kal and Karam, and wander about in the world. Therefore, associate with a Sádh and from Him receive knowledge about Guru. (2)

सतसँग जल अश्नान कर ।  
 ले तन मन आज पखारी ॥  
 गुरु चरनन परतीत लाय नित ।  
 आरत सेवा धारी ॥  
 करम भरम सब त्याग कर ।  
 दे भोगन को विसराय ॥  
 शब्द जोग अभ्यास कर ।  
 ले सूरत अधर चढ़ाय ॥  
 प्रेम रँग भींज रहे सारी ॥३॥

Bathe in the water of Satsang and wash clean your body and mind this very day. Go on daily augmenting your love for the Holy Feet of Guru and perform His Ártí. Give up all rites and rituals (prescribed by old scriptures). Turn away from the pleasures of the world. Perform Abhyás of Surat Shabd Yoga and raise your Surat to higher regions. You will be drenched in the colour of love. (3)

सुन सुन अचरज शब्द ।  
 हुई सूरत मतवारी ॥  
 सतगुरु दीन दयाल ।  
 लिया मोहिं आप सम्हारी ॥

अनहद बाजे बज रहे ।  
 और चहुँ दिस धुन झनकार ॥  
 सुरत मगन होय थिर खड़ी ।  
 और मनुवाँ अति सरशार ॥  
 दया से मिला औसर भारी ॥४॥

Hearing the wonderful Shabd, Surat gets absorbed in its bliss. Sat Guru, who is ever merciful to the humble, Himself assists and helps her. Anhad Shabd is audible to her from all sides. Delighted and absorbed, she stands motionless. The mind is in ecstasy. It is by His grace and mercy, that she is blessed with such as opportunity. (4)

राधास्वामी हुए परसन्न ।  
 सुरत मेरी दीन सिंगारी ॥  
 मन इन्द्री के घाट से ।  
 किया (मोहिं) छिन में न्यारी ॥  
 हरख हरख निरखात रहुँ ।  
 प्यारे राधास्वामी चरन बिलास ॥  
 राधास्वामी दर्शन नित चहुँ ।  
 मेरे और न दूजी आस ॥  
 दया पर तन मन धन वारी ॥५॥

Radhasoami is pleased with her. He has adorned her. He has extricated her from the plane of the mind and the senses in a moment. In rapturous ecstasy she keeps on enjoying the bliss of the Holy Feet of Beloved Radhasoami. She wishes to have Darshan of Radhasoami every moment. She has no other desire. She sacrifices her body, mind and wealth on His grace and mercy). (5)

## Section (2)

### **IMPORTANCE OF SHABD ABHYAS**

#### **HYMNS FOR RECITATION BEFORE BHAJAN**

(1)

सुन रे मन अनहद बैन ।  
घट में मठ निरखो नैन ॥ १ ॥

Listen to Anhad Shabd. See the macrocosm in the microcosm within you. (1)

गुरु शब्द गहो उपदेशा ।  
रस पी पी करो प्रवेशा ॥ २ ॥

Apply yourself to Shabd Abhyás taught by Guru. Enjoying the bliss of Shabd, go on penetrating within. (2)

चक्कर अब फेरो आई ।  
धुन शब्द तभी खुल जाई ॥ ३ ॥

Turn round the wheel (above third Til) and Shabd will become audible to you. (3)

बिन नाम नहीं गति पाई ।  
सतगुरु यों कहें बुझाई ॥ ४ ॥

Sat Guru says that without Nám, you cannot secure access to higher regions. (4)

सतसंग अब करो बनाई ।  
गुरु गहो आन सरनाई ॥५॥

Now attend Satsang and adopt the saran of Guru. (5)

जग भोग रोग सम जानो ।  
धन माल चाह दुख मानो ॥६॥

Know that the pleasures of the world are diseases and the desire for wealth and property is a source of misery and pain. (6)

भौसागर फाट अपारा ।  
दूबे सब उसकी धारा ॥७॥

Vast is the ocean of worldly existence. All are getting drowned in it. (7)

गुरु बिन कोइ पार न पाया ।  
बिन नाम न धीरज आया ॥८॥

Without Guru, nobody can get across. Without Nám, none can be steady and patient. (8)

अब सुरत सम्हालो आई ।  
जो शब्द हाथ लग जाई ॥९॥

Now, take care of Surat, so that you may contact Shabd. (9)

मन इन्द्री तन भरमाई ।  
दुख सुख में गये भुलाई ॥१०॥

You are led astray by pains and pleasures of body, mind and senses. (10)

हों हों कर जन्म बिताई ।  
करता की बूझ न आई ॥ ११ ॥

You have wasted your life in following the dictates of ego and self. You never cared to know about your Creator. (11)

अब सोच करो तुम मन में ।  
कुछ रोको मन निज तन में ॥ १२ ॥

Now think over the matter calmly and control your mind somewhat within yourself. (12)

राधास्वामी कहत बुझाई ।  
तब सुरत शब्द घर पाई ॥ १३ ॥

Then only your Surat can meet Shabd. This is what Radhasoami says. (13)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 19, Shabd 12*]

(2)

गुरु की दया ले शब्द सम्भार ।  
गुरु के सँग कर शब्द अधार ॥ १ ॥

Relying on the grace and mercy of Guru, grasp Shabd firmly. In the company of Guru, make Shabd your support. (1)

शब्द लगावे तुझको पार ।  
बिना शब्द चौरासी धार ॥ २ ॥

Shabd will redeem you. Without Shabd you will be hurled along the currents of eightyfour. (2)

शब्द कमाई करनी सार ।  
शब्द चढ़ावे दसवें द्वार ॥ ३ ॥

Practising Shabd Yoga is the only real activity. Shabd will lift you to Daswán Dwár (tenth orifice, Sunn). (3)

शब्द गुरु सँग कर ले प्यार ।  
और कर्म सब त्यागो झाड़ ॥ ४ ॥

Engender love for the Guru who is an adept in Shabd Yoga. Discard all other activities. (4)

शब्द बिना नहिं खेवनहार ।  
शब्द हि करता सबकी सार ॥ ५ ॥

There is no one else but Shabd to steer you. Shabd alone does good to all. (5)

शब्द शब्द का भेद नियार ।  
सो गुरु तुमसे कहें सम्हार ॥ ६ ॥

There are Shabds and Shabds. Guru will impart to you true knowledge of different Shabds. (6)

तू तो सुरत जमा नम द्वार ।  
शब्द मिले छूटे जंजार ॥ ७ ॥

Fix your Surat at the third Til. You will then come in contact with Shabd, and your anxieties will be removed. (7)

शब्द करे अब जग से पार ।  
शब्द माहिं तुम रहो हुशियार ॥ ८ ॥

Shabd will take you out of the world. Apply yourself carefully to Shabd. (8)

शब्दहि शब्द करो निरवार ।  
शब्द बिना कोइ बचे न यार ॥ ९ ॥

Make Shabd alone your sustenance. O my friend! none can be saved without Shabd. (9)

शब्द हटावे सब अहंकार ।  
शब्द छुड़ावे सभी विकार ॥ १० ॥

Shabd will banish all egotism. Shabd will cast off all evils. (10)

शब्द बिना कुछ और न सार ।  
मैं तोहि कहूँ पुकार पुकार ॥ ११ ॥

I repeatedly impress upon you that except Shabd, there is no essence or reality. (11)

शब्द लगो मत बैठो हार ।  
शब्द नाव चढ़ पहुँचो पार ॥ १२ ॥

Do not sit idle. Apply yourself to Shabd. Get across in the boat of Shabd. (12)

शब्द किया जिस घट उजियार ।  
धन वे जन जिन शब्द अधार ॥ १३ ॥

Blessed are those whose hearts have been illumined by Shabd, and who have the Support of Shabd. (13)

तू भी सुन चढ़ शब्द पुकार ।  
शब्द होय फिर गल का हार ॥ १४ ॥

You also rise by hearing the resonance of Shabd. Shabd will then become a garland round your neck. (14)

शब्द पकड़ और सब तज डार ।  
बिना शब्द नहिं होत उधार ॥ १५ ॥

Catch hold of Shabd, and leave the rest. Without Shabd, there is no salvation. (15)

शब्द भेद तू जान गँवार ।  
क्यों भरमे तू मन की लार ॥ १६ ॥

You ignorant one ! Learn the secrets of Shabd. Why are you going astray under the dictates of mind ? (16)

सुरत खींच तक तिल का द्वार ।  
दहिनी दिशा शब्द की धार ॥ १७ ॥  
वाई दिशा काल की जार ।  
ताहि छोड़ कर सुरत सम्हार ॥ १८ ॥  
घंटा शंख सुनो कर प्यार ।  
तिस के आगे धुन ओंकार ॥ १९ ॥

Withdraw your Surat at the third Til. The current of Shabd is on the right side. On the left side, are the snares of Kal. Leave the Shabd coming from the left. Listen carefully to the sound of the bell and the conch, beyond which is the Shabd of Omkár. (17-18-19)

सुन्न माहिं सुन रारंकार ।  
भँवरगुफा मुरली झनकार ॥ २० ॥

Hear Rárankár in Sunn, and the melodious flute in Bhanwarguphá. (20)

सत्तलोक धुन बीन सम्हार ।  
अलख अगम धुन कहुँ न पुकार ॥ २१ ॥

In Sat Lok, hear the dhun of the Bín (harp). I will not disclose the Dhuns or Shabds of Alakh and Agam. (21)

राधास्वामी भेद सुनाया झाड़ ।  
पकड़ धरो अब हिये मँझार ॥ २२ ॥

Radhasoami has revealed the secrets in detail. Now grasp the significance of this revelation, and always keep it in your mind. (22)

(3)

धुन में अब सुरत लगाओ ।  
शब्दा रस पी तृप्ताओ ॥ १ ॥

Apply your Surat to Dhun and be absorbed in the  
bliss of Shabd. (1)

इन्द्री सब घट उलटाओ ।  
मन फैला खँच मिलाओ ॥ २ ॥

Turn the currents of the senses inward and con-  
centrate the diffused mind. (2)

गुनना विष छोड़ समाओ ।  
आलस तज शौक बढ़ाओ ॥ ३ ॥

Shun the poison of the three Gunas. Turn inward.  
Cast off laziness, and enhance your longing and  
yearning. (3)

लय होय न मन समझाओ ।  
विक्षेप विघ्न यह दूर कराओ ॥ ४ ॥

Bring your mind round. Do not let the obstacles of  
लय Lai and विक्षेप Vikshep overcome you. (4)

[Sometimes during spiritual practice, the practitioner loses consciousness, as a result of overpowering drowsiness, very much like sleep. This obstacle is technically termed as 'lai' or 'laya'. 'Vikshep' is the sudden distraction of attention, or violent jerk.]

इक शब्द पकड़ और सब बिसराओ ।  
यह मारग नित्त कमाओ ॥ ५ ॥

Catch hold of Shabd and leave the rest. You have to perform this practice daily. (5)

बिन सुरत शब्द कुछ और न गाओ ।  
मन रोको नम पर धाओ ॥ ६ ॥

Think of nothing except Surat Shabd Yoga. Check your mind, and rush to Nabha (sky, heavens). (6)

तिल पर भी सुरत जमाओ ।  
पिल कर दल सहस खुलाओ ॥ ७ ॥

Fix your Surat at the third Til. Perform Abhyás vigorously and break open the gate to Sahas-dal-kanwal. (7)

जहँ जोत निरंजन पाओ ।  
फिर शब्दहि शब्द समाओ ॥ ८ ॥

You will have Darshan of Jyoti and Niranjan. Go on contacting Shabd after Shabd. (8)

चढ़ बंकनाल में आओ ।  
गढ़ त्रिकुटी फ़तह कराओ ॥ ९ ॥

Enter Banknal (the crooked tunnel). Conquer the fort of Trikuti. (9)

सुन में धस खेल खिलाओ ।  
क्वाँ का भी शब्द जगाओ ॥ १० ॥

Penetrate into Sunn and let the spectacles thereof unfold themselves to you. Awaken the Shabd of that region also. (10)

महासुन्न निरखते जाओ ।  
फिर भँवरगुफा पर छाओ ॥ ११ ॥

Surveying the region of Mahá-Sunn, go on penetrating further till you fully effect your ingress into Bhanwarguphá. (11)

आगे सतलोक घुमाओ ।  
क्वाँ से भी अलख चढ़ाओ ॥ १२ ॥

Then proceed to Sat Lok, and from there ascend to Alakh Lok. (12)

फिर अगम देश धस जाओ ।  
राधास्वामी संग मिल जाओ ॥ १३ ॥

Then, enter Agam Lok. Finally, unite with Radhasoami. (13)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 20, Shabd 24]

(4)

धुन सुन कर मन समझाई ॥ टेक ॥  
 कोटि जतन से यह नहिं माने ।  
 धुन सुन कर मन समझाई ॥ १ ॥

When one begins to hear Shabd, one's mind is brought under control. By no other means will it come round. (1)

जोगी जुक्ति कमावें अपनी ।  
 ज्ञानी ज्ञान कराई ॥ २ ॥

Yogís are engaged in Yoga practices, and Gyánís in acquiring Gyán. (2)

तपसी तप कर थाक रहे हैं ।  
 जती रहे जत लाई ॥ ३ ॥

Tapsís dissipate themselves in Tapa (penances), and Jatis in Jata (curbing their senses and passions). (3)

ध्यानी ध्यान मानसी लावें ।  
 वह भी धक्का खाई ॥ ४ ॥

Dhyánís who are engaged in mental contemplation suffer jolts. (4)

पंडित पढ़ पढ़ वेद बखाने ।  
 विद्या बल सब जाई ॥ ५ ॥

Pandits who read and recite the Vedas, will be dispossessed of their power of learning. (5)

बुद्धि चतुरता काम न आवे ।  
आलिम रहे पछताई ॥ ६ ॥

Intellect and cunning will be of no avail. The learned will repent their conceit. (6)

और अमल का दख़ल नहीं है ।  
अमल शब्द लौ लाई ॥ ७ ॥

No other practice is efficacious. Apply yourself vigorously to the practice of Shabd (Surat Shabd Yoga). (7)

गुरु मिले जब धुन का भेदी ।  
शिष्य विरह धर आई ॥ ८ ॥

When Guru, well-versed in the secrets and mysteries of Shabd, is met, the disciple will have longing and yearning for Shabd. (8)

सुरत शब्द की होय कमाई ।  
तब मन कुछ ठहराई ॥ ९ ॥

When one practises Surat Shabd Yoga, then only one's mind will become somewhat steady. (9)

हिंस हवस से हाथ न आवे ।  
तन मन देव चढ़ाई ॥ १० ॥

Nothing can be gained by envy, greed or hypocrisy. One has to surrender one's body and mind. (10)

बुल्हवसी और कपटी जन को ।  
नेक न धुन पतियाई ॥ ११ ॥

A covetous and hypocritical person can never contact Dhun (Shabd). (11)

यह धुन है धुर लोक अधर की ।  
कोइ पकड़े संत सिपाही ॥ १२ ॥

This Dhun or Shabd is of the Highest Region. Only a Sant soldier can contact it. (12)

मन को मार करें असवारी ।  
गगन कोट वह लेयं घिराई ॥ १३ ॥

He will control the mind and mount on it. He will lay siege to the fortress of Gagan (Trikuti). (13)

खाई सुन्न पार मैदाना ।  
महासुन्न नाका परमाना ॥ १४ ॥

He will cross the moat round the expanse of Sunn, and come to the border of Mahá-Sunn. (14)

मैंवरगुफा का फाटक तोड़ा ।  
शीश महल सतगुरु दिखलाई ॥ १५ ॥

He will then break open the gate of Bhanwarguphá. The crystal palace of Sat Guru will become visible. (15)

अद्भुत लीला अजब वहां की ।  
 किरन किरन सूरज दरसाई ॥ १६ ॥  
 सूरज सूरज जोत निरारी ।  
 चन्द्र चन्द्र कोटि छवि छाई ॥ १७ ॥  
 घट अकाश औघट परकाशा ।  
 लख अकाश कोटि परसाई ॥ १८ ॥

The spectacle of that region is wondrous and astonishing. There each ray has the light of crores of suns and moons, and illumines घट Ghat and औघट Aughat. (16-17-18)

यह लीला कुछ अजब पेच की ।  
 उलट पलट कोई गुरुमुख पाई ॥ १९ ॥

This is a strange sight. Only a gurumukh-devotee can enjoy it by reversing and turning his spirit current. (19)

कहाँ लग बरनूं भेद अगाधा ।  
 जो कोइ लावे सुन्न समाधा ॥ २० ॥  
 समझ बूझ गूँगे गुड़ खाई ।  
 अकथ अकह की बात निराली ।  
 क्यों कर कहूं बनाई ॥ २१ ॥

How far should I describe that glory ? Whosoever attains Sunn Samádhi or Chaitanya Samádhi (state of conscious absorption), can know what it is like. But then he cannot describe it, just as a dumb person is unable to describe the taste of sugar he has eaten. This is an indescribable and unique story. (20-21)

राधास्वामी राज़ छिपे को ।  
परगट कर सरसाई ॥ २२ ॥

Radhasoami has revealed the secrets openly. (22)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 9, Shabd 9]

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(5)

धाम अपने चलो भाई ।  
पराये देश क्यों रहना ॥ १ ॥

O brother ! Make for your true and real home. Why stay in an alien land ? (1)

काम अपना करो जाई ।  
पराये काम नहिं फँसना ॥ २ ॥

Go on accomplishing your own task. Do not get involved in the aliens' job. (2)

[Work out the salvation of your Surat. Do not get engrossed in the activities which strengthen the body and the mind, for that is the work of Kal and Maya, who are aliens. That is not your work.]

नाम गुरु का सम्हाले चल ।  
यही है दाम गँठ बँधना ॥ ३ ॥

Enshrine the Name of Guru within and proceed onward. This is the real earning which you will carry with you. (3)

जगत का रंग सब मैला ।  
धुला ले मान यह कहना ॥ ४ ॥

The world is all round dirty. Get yourself washed.  
Act upon this advice. (4)

भोग संसार कोइ दिन के ।  
सहज में त्यागते चलना ॥ ५ ॥

The pleasures of the world are transitory. Give  
them up one by one. (5)

सरन सतगुरु गहो दृढ़ कर ।  
करो यह काज पिल रहना ॥ ६ ॥

Adopt firmly the Saran of Sat Guru. Do this and do  
it vigorously. (6)

सुरत मन थाम अब घट में ।  
पकड़ धुन ध्यान धर गगना ॥ ७ ॥

Steady your mind and Surat within. Look up to  
Gagan and catch the Dhun. (7)

फँसे तुम जाल में भारी ।  
बिना इस जुक्ति नहिं खुलना ॥ ८ ॥

You cannot be free by any other measure. You  
have been badly entangled in the meshes. (8)

गुरु अब दया कर कहते ।  
मान यह बात चित धरना ॥ ९ ॥

Guru now graciously gives His teachings. Accept His words and act accordingly. (9)

भटक में क्यों उमर खोते ।  
कहीं नहिं ठीक तुम लगना ॥ १० ॥

Why are you wasting your life for nothing ?  
Nowhere will you be able to achieve your object. (10)

वसो तुम आय नैनन में ।  
सिमट कर एक यहाँ होना ॥ ११ ॥

Withdraw your diffused spirituality and concentrate it at the focus of the eyes. (11)

दुई यहाँ दूर हो जावे ।  
दिरिच्छी जोत में धरना ॥ १२ ॥

Duality, viz., the feeling of mine and thine, will disappear here. Fix your gaze at the Jyoti (flame). (12)

श्याम तज सेत को गहना ।  
सुरत को तान धुन सुनना ॥ १३ ॥

Quit the Shyám (black), the third Til, and hold on to the Sait (white), Sahas-dal kanwal. Hear the Dhun by straining your Surat. (13)

वंक के द्वार धस धैठो ।  
तिरकुटी जाय कर लेना ॥ १४ ॥

Enter Banknál and get on to Trikuti. (14)

सुन्न चढ़ जा धसो भाई ।  
सुरत से मानसर नहाना ॥ १५ ॥

Then secure entrance to Sunn, and let your Surat bathe in the Mánasarovar lake. (15)

महासुन चौक अँधियारा ।  
वहाँ से जा गुफा बसना ॥ १६ ॥

The vast expanse of Mahá-sunn is dark. From there, proceed to Bhanwarguphá. (16)

लोक चौथे चलो सज के ।  
गहो वहाँ जाय धुन बीना ॥ १७ ॥

Gracefully enter the fourth Lok (Sat Lok) and hear melodious बीन Bin (harp). (17)

अलख और अगम के पारा ।  
अजब इक महल दिखलाना ॥ १८ ॥

Beyond Alakh and Agam will be seen a marvellous mansion. (18)

वहीं राधास्वामी से मिलना ।  
हुआ मन आज अति मगना ॥ १९ ॥

There, you will meet Radhasoami and become most delighted. (19)

(6)

अरे मन देख कहाँ संसार ।  
झूठे भर्म हुआ बीमार ॥ १ ॥

O mind ! Look at the world. What is it worth ? You are here entrapped in illusions and delusions. (1)

भरे तेरे मन में सभी विकार ।  
जतन से इनको दूर निकार ॥ २ ॥

You are full of evil tendencies. Adopt measures to cast them off. (2)

होय फिर झूठा जगत असार ।  
गहो फिर गुरु के चरन सम्हार ॥ ३ ॥

You will then realize this world to be unreal and hollow. Carefully stick to the Holy Feet of Guru. (3)

मिले तब उन से नाम अपार ।  
देख फिर घट में मोक्ष दुवार ॥ ४ ॥

You will be initiated by Him in the most sublime Nám. You will then see the way to Moksh (emancipation) within your घट Ghat (inside). (4)

चलो फिर शब्द विचार विचार ।  
पाओ इक शब्द सार का सार ॥ ५ ॥

Begin to follow Shabd. You will find that it is the essence of all essences. (5)

पढ़े क्यों भटको नैनन वार ।  
झाँक तिल खिड़की उतरो पार ॥ ६ ॥

Why are you wandering in the regions below the eyes ? Peep through the window of the third तिल Til, and get on to the other side. (6)

गुरु से लेना जुक्ती यार ।  
गुरु बिन नहीं खुले यह द्वार ॥ ७ ॥

You will learn the mode of devotional practices from Guru. Without His assistance, this door or window cannot be opened. (7)

कमाना जुक्ती तुम कर प्यार ।  
लगाना सुरत सहज मन मार ॥ ८ ॥

Curb your mind, and apply your Surat to devotional exercises with love and affection. (8)

चले फिर सूरत धुन की लार ।  
चुए जहँ पल पल अमृत धार ॥ ९ ॥

Your Surat will then proceed, with the Dhun, to the region where Amrit (nectar) is dripping every moment. (9)

नाम रस पियो रहो हुशियार ।  
ऋद्धि और सिद्धि रहें तेरे द्वार ॥ १० ॥

Drink the bliss of Nám and be vigilant. Riddhí<sup>1</sup> and Siddhí<sup>2</sup> will be standing at your door. (10)

करो मत उनको अंगीकार ।  
वहाँ से आगे घरो पियार ॥ ११ ॥

Do not accept them (Riddhí and Siddhí). Keep on going onward. (11)

चलो और देखो घट का सार ।  
पहुँचना राधास्वामी के दरबार ॥ १२ ॥

Proceed and attain the Darbár of Radhasoami which is the goal and essence of all spiritual endeavours and internal practices. (12)

*[Sar Bachan Radhasoami Poetry,  
Part I, Bachan 19, Shabd 20]*

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(7)

सुरत क्यों हुई दिवानी ।  
तेरी बिरथा बैस बिहानी ॥ १ ॥

O Surat ! Why have you become mad ? Your life is being wasted. (1)

जग भोग रोग दिन बीते ।  
तू जाय दोउ कर रीते ॥ २ ॥

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1 Prosperity personified as the wife of Kuber, the god of riches.  
2 Supernatural power or faculty.

You are passing your days in worldly enjoyments and sufferings; you will go empty handed. (2)

जमपुर होय धूमा धामी ।  
तू पड़े चौरासी खानी ॥ ३ ॥

You will suffer tortures in hell and then fall into the cycle of transmigration. (3)

वहाँ कौन सहाई तेरा ।  
तू बचन मान अब मेरा ॥ ४ ॥

Who will help you there ? You should accept my advice now. (4)

कर गुरु से हित चित लाई ।  
सुन मान बचन गुरु भाई ॥ ५ ॥

Engender love for Guru. O brother ! do what He bids you to do. (5)

सूरत जा शब्द मिलाई ।  
कर निस दिन यही कमाई ॥ ६ ॥

Unite your Surat with Shabd. Practise this Yoga every day. (6)

तेरा भाग बढ़त नित जावे ।  
फिर काल न तोहि सतावे ॥ ७ ॥

Your lot will improve day by day. Kal will not then harass you. (7)

रस अगम शब्द का पावे ।  
मन भोग सहज छुट जावे ॥ ८ ॥

You will enjoy the indescribable bliss of Shabd.  
The mind will be easily turned away from the pleasures  
of the world. (8)

चढ़ चढ़ नम ऊपर धावे ।  
दल सहस्र कँवल गति पावे ॥ ९ ॥

You will rise upwards from the sixth centre and  
secure access to Sahas-dal-kanwal. (9)

तिल मोड़े विजली चमके ।  
सुन शब्द अनाहद धमके ॥ १० ॥

The moment you get beyond the sixth chakra or  
the third Til, you will see lightning and hear the resounding  
of Anhad Shabd. (10)

फिर चांद सुरज दोउ दरसें ।  
सुखमन मन सूरत परसें ॥ ११ ॥

Suns and moons will then become visible. Your  
mind and Surat will come in touch with Sukhmana (the  
middle current). (11)

गुरु मूरत अजव दिखाई ।  
शोभा कुछ कही न जाई ॥ १२ ॥

You will see the marvellous form of Guru, the  
refulgence and glory of which cannot be described. (12)

नर रूप दिखावें तब ही ।  
मन खेँच चढ़ावें जब ही ॥ १३ ॥

When Guru manifests Himself in human form, He  
draws and raises your mind. (13)

दे मदद बढ़ावें आगे ।  
मन जुग जुग सोया जागे ॥ १४ ॥

He helps you proceed further. Your mind, asleep  
for ages, will then awaken. (14)

चढ़ बंक चले त्रिकुटी में ।  
फिर सुन्न तके सरवर में ॥ १५ ॥

Passing through Banknál, you come to Trikuti and  
then to Sunn, and see the Mánsarovar lake. (15)

जहँ शोभा हंसन भारी ।  
वह भूमि लगे अति प्यारी ॥ १६ ॥

The region where Hansas (celestial beings) abide  
in all gracefulness, is extremely fascinating. (16)

धुन किंगरी बजे करारी ।  
सुन सुरत हुई मतवारी ॥ १७ ॥

The melodious Kingrí (fiddle) is audible there,  
hearing which, your Surat will get intoxicated. (17)

फिर लगी महासुन तारी ।  
जहाँ दीप अचिंत सम्हारी ॥ १८ ॥

You will go to Mahá-Sunn, where Achint Dweep has been carefully designed. (18)

लख भँवरगुफा हुई न्यारी ।  
जहाँ सेत सूर उजियारी ॥ १९ ॥

On seeing Bhanwarguphá, illumined by the white resplendent sun, you will become detached from all. (19)

चौथे पद करी तयारी ।  
धुन बीन सुनी अति भारी ॥ २० ॥

You will prepare yourself for the fourth Pad (Region); you will hear the melody of the Bin (harp). (20)

लख अलख अगम्म लखारी ।  
हुई राधास्वामी रूप निहारी ॥ २१ ॥

You will behold Alakh and Agam, and get Darshan of Radhasoami. (21)

महिमा उनकी क्या कहुं भारी ।  
मुझ गरीत की वहुत सुधारी ॥ २२ ॥

His glory and majesty beggar all description. He has done a lot for a poor and destitute person like myself. (22)

### Section (3)

## INSTRUCTIONS REGARDING MODE AND PRACTICE OF BHAKTI (DEVOTION)

(1)

चेतो मेरे प्यारे तेरे भले की कहूँ ॥ १ ॥

Arise and awake, my dear. I say this for thy good. (1)

गुरु तो पूरा दूँढ़ तेरे भले की कहूँ ॥ २ ॥

Search for the perfect Guru. I say this for thy good. (2)

शब्द रता गुरु देख तेरे भले की कहूँ ॥ ३ ॥

Look for the Guru who is absorbed in Shabd. I say this for thy good. (3)

तिस गुरु सेवा धार तेरे भले की कहूँ ॥ ४ ॥

Serve that Guru. I say this for thy good. (4)

गुरु चरनामृत पीव तेरे भले की कहूँ ॥ ५ ॥

Drink His Charnámrít (the wash of His Feet). I say this for thy good. (5)

गुरु परशादी खाव तेरे भले की कहूँ ॥ ६ ॥

Partake of His Prashád (food sanctified by His touch or tasting). I say this for thy good. (6)

गुरु आरत कर ले तेरे भले की कहूँ ॥ ७ ॥

Perform His Ártí. I say this for thy good. (7)

तन मन भेंट चढाव तेरे भले की कहूँ ॥ ८ ॥

Sacrifice body and mind to Him. I say this for thy good. (8)

बचन गुरु के मान तेरे भले की कहूँ ॥ ९ ॥

Follow His precepts. I say this for thy good. (9)

गुरु को कर परसन्न तेरे भले की कहूँ ॥ १० ॥

Secure His pleasure. I say this for thy good. (10)

नित्त भजन कर नेम तेरे भले की कहूँ ॥ ११ ॥

Perform Bhajan every day regularly. I say this for thy good. (11)

जीव दया तू पाल तेरे भले की कहूँ ॥ १२ ॥

Have compassion for all living beings. I say this for thy good. (12)

दुख न दे तू काय ते रे भले की कहूँ ॥ १३ ॥

Injure none. I say this for thy good. (13)

बचन तान मत मार तेरे भले की कहूँ ॥ १४ ॥

Pass not sarcastic remarks. I say this for thy good. (14)

कद्गवा तू मत बोल तेरे भले की कहूँ ॥ १५ ॥

Utter not harsh words. I say this for thy good. (15)

सबको सुख पहुँचाव तेरे भले की कहूँ ॥ १६ ॥

Make all happy. I say this for thy good. (16)

नाम अमीरस पीव तेरे भले की कहूँ ॥ १७ ॥

Drink deep of the nectar of the Holy Name. I say this for thy good. (17)

सील छिमा चित राख तेरे भले की कहूँ ॥ १८ ॥

Cultivate tolerance and forgiveness. I say this for thy good. (18)

संतोष विवेक विचार तेरे भले की कहूँ ॥ १९ ॥

Be contented, discreet and thoughtful. I say this for thy good. (19)

काम क्रोध को त्याग तेरे भले की कहूँ ॥ २० ॥

Give up licentiousness and anger. I say this for thy good. (20)

लोभ मोह को टार तेरे भले की कहूँ ॥ २१ ॥

Drive away greed and attachment. I say this for thy good. (21)

दीन गुरीबी धार तेरे भले की कहूँ ॥ २२ ॥

Be humble and unassuming. I say this for thy good. (22)

संतों से कर प्रीत तेरे भले की कहूँ ॥ २३ ॥

Engender love for Sants. I say this for thy good. (23)

भोजन बहुत न खाव तेरे भले की कहूँ ॥ २४ ॥

Do not eat much. I say this for thy good. (24)

सतसँग में तू जाग तेरे भले की कहूँ ॥ २५ ॥

Keep awake during Satsang. I say this for thy good. (25)

मान बड़ाई छोड़ तेरे भले की कहूँ ॥ २६ ॥

Shun name and fame. I say this for thy good. (26)

भोग बासना जार तेरे भले की कहूँ ॥ २७ ॥

Annihilate desires for sensual pleasures. I say this for thy good. (27)

सम दम हिरदे धार तेरे भले की कहूँ ॥ २८ ॥

Acquire equanimity and self-restraint. I say this for thy good. (28)

बैराग भक्ति ना छोड़ तेरे भले की कहूँ ॥२९॥

Do not give up devotion and renunciation. I say this for thy good. (29)

गुरु स्वरूप धर ध्यान तेरे भले की कहूँ ॥३०॥

Contemplate the Form of Guru. I say this for thy good. (30)

गुरु ही का जप नाम तेरे भले की कहूँ ॥३१॥

Utter nothing but the Name of Guru. I say this for thy good. (31)

गुरु अस्तुत कर नित तेरे भले की कहूँ ॥३२॥

Praise Guru day in and day out. I say this for thy good. (32)

गुरु से प्रेम बढ़ाव तेरे भले की कहूँ ॥३३॥

Enhance your love for Guru. I say this for thy good. (33)

तीरथ मूरत भर्म तेरे भले की कहूँ ॥३४॥

Pilgrimages and idol-worship are delusions. I say this for thy good. (34)

जात अभिमान बिसार तेरे भले की कहूँ ॥३५॥

Forget that thou belongest to a high caste or clan. I say this for thy good. (35)

पिछलों की तज टेक तेरे भले की कहूँ ॥ ३६ ॥

Adhere not to the past ones. I say this for thy good. (36)

वक्त गुरु को मान तेरे भले की कहूँ ॥ ३७ ॥

Follow the Guru of the time. I say this for thy good. (37)

तीरथ गुरु के चरन तेरे भले की कहूँ ॥ ३८ ॥

Guru's Feet are the place of pilgrimage. I say this for thy good. (38)

गुरु की सेवा बर्त तेरे भले की कहूँ ॥ ३९ ॥

Service to Guru is real fast. I say this for thy good. (39)

विद्या गुरु उपदेश तेरे भले की कहूँ ॥ ४० ॥

Guru's teachings constitute true knowledge. I say this for thy good. (40)

और विद्या पाखंड तेरे भले की कहूँ ॥ ४१ ॥

All other knowledge is hypocrisy. I say this for thy good. (41)

लीक पुरानी छोड़ तेरे भले की कहूँ ॥ ४२ ॥

Give up adherence to traditions and observances. I say this for thy good. (42)

जो गुरु कहें सो मान तेरे भले की कहूँ ॥४३॥

Act up to Guru's words. I say this for thy good. (43)

मारग ज्ञान न धार तेरे भले की कहूँ ॥४४॥

Do not follow Gyán-márg. I say this for thy good. (44)

भक्ति पंथ सम्हार तेरे भले की कहूँ ॥४५॥

Hold fast to the path of devotion. I say this for thy good. (45)

सुरत शब्द मत ले तेरे भले की कहूँ ॥४६॥

Follow the path of Surat Shabd. I say this for thy good. (46)

सुरत चढ़ा नभ माहिं तेरे भले की कहूँ ॥४७॥

Raise thy Surat to the third Til. I say this for thy good. (47)

गगन तिरकुटी जाव तेरे भले की कहूँ ॥४८॥

Then proceed to Trikuti. I say this for thy good. (48)

दसवें द्वार समाव तेरे भले की कहूँ ॥४९॥

Enter the tenth aperture, viz., Sunn. I say this for thy good. (49)

भँवरगुफा चढ़ आव तेरे भले की कहूँ ॥५०॥

Come up to Bhanwarguphá. I say this for thy good. (50)

सत्तलोक धस जाव तेरे भले की कहूँ ॥ ५१ ॥

Effect entrance into Sat Lok. I say this for thy good. (51)

अलख अगम को पाव तेरे भले की कहूँ ॥ ५२ ॥

Attain Alakh and Agam. I say this for thy good. (52)

राधास्वामी नाम धियाव तेरे भले की कहूँ ॥ ५३ ॥

Adore the Holy Name RADHASOAMI. I say this for thy good. (53)

भटक अटक सब तोड़ तेरे भले की कहूँ ॥ ५४ ॥

Put an end to all wanderings and entanglements. I say this for thy good. (54)

टेक पक्ष गुरु बाँध तेरे भले की कहूँ ॥ ५५ ॥

Stick tenaciously to Guru. I say this for thy good. (55)

[*Sar Bachan Poetry,*  
Part I, Bachan 19, Shabd 1]

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(2)

धोखा मत खाना जग आय पियारे ।  
धोखा मत खाना जग आय ॥ १ ॥

My dear ! Do not be deceived on coming into this world. I caution you, do not be deceived here. (1)

कोई भीत न जानो अपना ।  
सब ठग बैठे फँसी लाय ॥२॥

Consider none to be your friend. All are thugs, out to strangle you. (2)

जब सच्चा होय चले डगर गुरु ।  
तब ही चाँकें रोकें आय ॥३॥

When you proceed earnestly on the path of Guru, they feel alarmed and come forward to stop you. (3)

ऊँच नीच कहें बचन तोख के ।  
मन को तेरे दें भरमाय ॥४॥

They make all sorts of caustic remarks to create confusion and misapprehension in your mind. (4)

इनसे रहना समझ बूझ कर ।  
हैं यह बैरी हित दिखलाय ॥५॥

Beware of them. They are your enemies, though they pose to be your well-wishers. (5)

तेरी हानि लाभ नहिं सोचें ।  
अपने स्वारथ रहें लिपटाय ॥६॥

Your good or harm is none of their concern; they only cling to their own selfish ends. (6)

तू भी चतुरा गुरु का प्यारा ।  
उन सँग रहु गुरु चरन समाय ॥७॥

You, too, are sagacious and dear to Guru. Mingle with them but keep your attention steadfast in the Holy Feet of Guru. (7)

उनको भी इस भाँति भलाई ।  
तेरी भक्ति न थकती जाय ॥८॥

They, too, would be benefited in this way. And at the same time your Bhakti would suffer no set-back. (8)

जो बेमुख गुरु भक्ति नाम से ।  
कोई तरह क़ाबू नहीं पाय ॥९॥

तो जुक्की से दीन विधी से ।  
छोड़ चलो सँग दोष न ताय ॥१०॥

Those who are averse to Guru Bhakti and Nám, and remain intractable, should be discarded with tact and humility. There is no sin in it. (9-10)

जो सन्मुख गुरु भक्ति नाम से ।  
होयैं कदाचित मेल मिलाय ॥११॥

But cultivate friendship with those rare ones who are well disposed towards Guru-Bhakti and Nám. (11)

राधास्वामी कहत बनाई ।  
बहुर बहुर तू भक्ति कमाय ॥१२॥

Radhasoami enjoins upon you that you should engage in Bhakti again and again. (12)

भक्ति न छूटे कोई जुकि से ।  
नहिं तो बहु विधि रहो पछताय ॥ १३ ॥

Take all possible care that Bhakti receives no setback on any account, otherwise, you shall have to repent a lot. (13)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 12, Shabd 3]

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## Section (4)

### **DEVOTION TO GURU AND NÁM. FIRM RESOLVE TO SURRENDER ONESELF. TO CONFORM TO THE MAUJ OF GURU**

(1)

गुरु की मौज रहो तुम धार ।  
गुरु की रजा सम्हालो यार ॥१॥

Conform to the Mauj (will) of Guru. Comply with the pleasure of Guru, dear friend. (1)

गुरु जो करें सो हित कर जान ।  
गुरु जो कहें सो चित धर मान ॥२॥

Whatever Guru does, consider it to be in your interest, and whatever Guru orders, follow it with care and attention. (2)

शुकर की करना समझ विचार ।  
सुक्ख दुख देंगे हिकमत धार ॥३॥

Adopt the attitude of gratefulness; whatever pleasure and pain He dispenses for you, are for your good. (3)

ताड़ और मार करें सोइ प्यार ।  
भोग सब इन्द्री रोग निहार ॥४॥

Remember, admonition and chastisement are, in fact, marks of His affection; look upon all the pleasures of the senses as disease. (4)

कहूँ क्या दम दम शुकर गुजार ।  
बिना उन और न करने हार ॥५॥

What else should I say ? I am grateful to Guru every moment. Except Him there is none who can do anything. (5)

दुखी चित से न हो दुख लार ।  
सुखी होना नहीं सुख जार ॥६॥

Let neither troubles afflict you, nor pleasures inebriate you. (6)

बिसारो मत उन्हें हर बार ।  
दुख और सुख रहो उन धार ॥७॥

Do not forget Him at any time. Rely on Him amidst pain and pleasure. (7)

गुरु और शब्द ये दोऊ मीत ।  
नहीं कोइ और इन धर चीत ॥८॥

Guru and Shabd are the true friends. There is none else. Keep them always in your mind. (8)

यही सत पुरुष यही करतार ।  
लगावें तोहि इक दिन फर ॥६॥

Guru is Sat Purush; Guru is the Creator. He would one day steer your ship across. (9)

बिना उन कोइ नहीं संसार ।  
देव मन सूरत उन पर वार ॥१०॥

Except Him, there is none in this world. Sacrifice your mind and spirit at His Feet. (10)

करें वह नित्त तेरी सार ।  
तेरे तन मन के हैं रखवार ॥११॥

He always looks to your good; He is the protector of your mind and body. (11)

शुकर कर राख हिरदे धार ।  
मिटावें दुक्ख सब ही झाड़ ॥१२॥

Enshrine Him in your heart gratefully; He will remove your troubles completely. (12)

करें क्या मन तेरा नाकार ।  
नहीं तू छोड़ता विष धार ॥१३॥

But what can He do when your own mind is so worthless ? You do not turn away from the currents of venom (sensual pleasures). (13)

भोग में गिरे बारम्बार ।  
न माने कहन उनकी सार ॥ १४ ॥

Again and again you fall a prey to pleasures. You do not listen to His beneficent advice. (14)

इसी से मिले तुझ को दंड ।  
नहीं तू मानता मतिमंद ॥ १५ ॥

That is why you are penalized; even then you do not listen, imprudent as you are. (15)

सहो अब पड़े जैसे आय ।  
करो फरियाद गुरु से जाय ॥ १६ ॥

Endure whatever befalls you now. Go and pray to Guru. (16)

पकड़ फिर उन्ही को तू धाय ।  
करेंगे वोही तेरी सहाय ॥ १७ ॥

Run and cling fast to Him; He alone would help you. (17)

बिना उन और नहीं दरबार ।  
रहो उन चरन में हुशियार ॥ १८ ॥

There is no other door to knock at. Be alert. Cling to His Feet carefully. (18)

गुनह तुम किये दिन और रात ।  
गुरु की कुछ न मानी बात ॥१६॥

You have committed sins day and night; you have not acted up to the advice of Guru. (19)

इसी से भोगते दुख घात ।  
बचावेंगे वहीं फिर तात ॥२०॥

Hence you are subjected to pain and affliction. It is He alone, who will rescue you. (20)

रहो राधास्वामी के तुम साथ ।  
लगे फिर शब्द अगम तुम हाथ ॥२१॥

Be with Radhasoami; then only will you gain access to the inaccessible Shabd. (21)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 18, Shabd 8*]

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(2)

गुरु ध्यान धरो तुम मन में ।  
गुरु नाम सुमिर छिन छिन में ॥१॥

Enshrine the form of Guru in your heart. Utter the Name of Guru every moment. (1)

गुरु ही गुरु गाओ भाई ।  
गुरु ही फिर होयं सहाई ॥२॥

Sing Guru and Guru alone. He will then help you. (2)

जितने पद ऊंचे नीचे ।  
गुरु बिन कोइ नाहीं पहुँचे ॥३॥

Without Guru, nobody can reach any stage high or low. (3)

गुरु ही घट भेद लखाया ।  
गुरु ही सुन शिखर चढ़ाया ॥४॥

It is the Guru who revealed to me the secrets of higher regions and raised my Surat to Sunn. (4)

महासुन्न भी गुरु दिखलाई ।  
गुरु भँवरगुफा दरसाई ॥५॥

Guru enabled me to behold the spectacles of Mahá-sunn and Bhanwar-guphá. (5)

गुरु सत्तलोक पहुँचाया ।  
गुरु अलख अगम परसाया ॥६॥

Guru took me to Sat Lok, and then enabled me to meet Alakh Purush and Agam Purush. (6)

गुरु ही सब भेद बखाना ।  
गुरु से राधास्वामी जाना ॥७॥

Guru gave out all the secrets. It is through Guru that I came to know of the secrets of the Supreme Father Radhasoami. (7)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 18, Shabd 3*]

(3)

गुरु चरन पकड़ दृढ़ भाई ।  
गुरु का सँग करो बनाई ॥१॥

Cling fast to the Holy Feet of Guru, and associate with Him. (1)

गुरु बचन करो आधारा ।  
गुरु दरस निहारो सारा ॥२॥

Let the discourses of Guru be your support and sustenance.  
Intently gaze at Guru's countenance. (2)

गुरु की गति अगम अपारा ।  
गुरु अस्तुति करो सँवारा ॥३॥

The status of Guru is very high. Sing the hymn of His praises. (3)

गुरु राखो हिरदे माहीं ।  
तो मिटे काल परछाही ॥४॥

Enshrine Guru in your heart so that Kal's influence may be effaced. (4)

भोगों की आसा त्यागो ।  
मन्सा तज जग से भागो ॥५॥

Give up Ásá and Mansá (desire and longing) for sensual enjoyments and run away from the world. (5)

आसा गुरु शब्द लगाओ ।  
मन्सा गुरु पद में लाओ ॥६॥

Cherish desire and longing for Guru's Shabd and Holy Feet. (6)

आसा और मन्सा मोङ्गी ।  
मन इन्द्री गुरु में जोङ्गी ॥७॥

Turn your desires and inclinations from the pleasures and objects of the world, and apply your mind and senses to the Guru. (7)

दिन रात रहे गुरु ध्याना ।  
गुरु बिन कोइ और न जाना ॥८॥

Remember Guru all day and night. Remember none else but Guru. (8)

गुरु स्वाँस गिरास न बिसरे ।  
तू पल पल गा गुरु जस रे ॥९॥

Even while breathing and eating do not forget Guru. Sing the praises of Guru every moment. (9)

गुरु हैं हितकारी तेरे ।  
गुरु बिन कोइ मित्र न है रे ॥१०॥

Guru is your benefactor. Save Guru none is your friend. (10)

गुरु फंद छुड़ावें जम के ।  
गुरु मर्म लखावें सम के ॥११॥

Guru will save you from the noose of Jama. Guru will impart to you the secrets for securing true happiness. (11)

भीजल से पार उतारें ।  
छिन छिन में तुझे सँवारें ॥१२॥

Guru will take you across the ocean. He will take care of you every moment. (12)

ज्यों निज अंडा सेवे कच्छा ।  
त्यों गुरु राखें तेरी पच्छा ॥१३॥

Guru will look after you, in the manner, a tortoise hatches its eggs. (13)

[Note.—Usually, eggs are hatched by the mother sitting over them. But, in the case of a tortoise, the process is quite different. The mother tortoise lays eggs on the ground and goes back to water. She does not come out to hatch them. She, however, keeps an eye on them. Her attention does the work of hatching. Similarly, although, being engrossed in the world I am faraway, yet, the most merciful Radhasoami is taking proper care of me.]

गुरु सम और नहीं कोइ रक्षक ।  
कुल कुटुम्ब सब जानो तक्षक ॥१४॥

There is no saviour like Guru. Family and kinsmen are all like snakes. (14)

ता ते गुरु को कभी न छोड़ो ।  
कनक कामिनी से मन मोड़ो ॥ १५ ॥

Therefore never forsake the company of Guru. Turn your mind away from wealth and women. (15)

गुरु की भक्ति सदा सुखदाई ।  
गुरु बिन मन बुधि भी दुखदाई ॥ १६ ॥

Guru Bhakti (devotion to Guru) always confers happiness. Without Guru, even your own mind and intellect bring you pain and sorrow. (16)

गुरु विश्वास चित्त में धरो ।  
गुरु परशाद जगत से तरो ॥ १७ ॥

**Have faith in Guru. Swim across the world by the blessings of Guru. (17)**

ਮਾਨ ਮੋਹ ਮਦ ਗੁਰੂ ਸਵ ਹਰੇਂ ।  
ਕਾਮ ਕ੍ਰੋਧ ਭੀ ਤੁੜ੍ਹ ਸੇ ਡਰੇਂ ॥੧੮॥

**Guru will remove your vanity, infatuation and arrogance. Desire, passion and anger will become afraid of you. (18)**

लोभ लहर सब देयं निकारी ।  
माया ममता बाजी हारी ॥ १९ ॥

By the grace of Guru, greed and avarice will be cast off, and  
Máyá and Mamtá<sup>1</sup> will be beaten. (19)

**1 Mamta = Cupidity, attachment, covetousness.**

तुझ से जीत सके नहिं कोई ।  
गुरु का बल जो मन में होई ॥२०॥

If you rely upon Guru, no one can get an upper hand over you. (20)

गुरु से पावे नाम रसायन ।  
घट से भागे तृष्णा डायन ॥२१॥

You will receive the alchemy of Nám from Guru. The witch of desire will run away. (21)

गुरु चरनामृत गुरु परसादी ।  
प्रीत सहित ले मिटे उपाधी ॥२२॥

Take Guru's Charnámrit<sup>1</sup> and Prashád<sup>2</sup> with love; all troubles will be over. (22)

गुरु पै तन मन दोनों वारो ।  
हिरदे में गुरु रूप निहारो ॥२३॥

Sacrifice your body and mind before Guru. Behold the form of Guru in your hridaya (heart). (23)

गुरु हैं दाता गुरु हैं दानी ।  
गुरु आराधो छिन छिन प्रानी ॥२४॥

Guru is the giver. Guru is bountiful. Worship Guru every moment. (24)

- 
- 1 Charnamrit=Water sanctified by washing the feet of Sant Sat Guru. The wash of the feet of Sant Sat Guru.
  - 2 Prashad=Sacrament. Eatables, garlands, clothes and other articles distributed after being sanctified by Sant Sat Guru.

सत् पुरुष सतनाम गुरु हैं ।  
अलख रूप और अगम गुरु हैं ॥ २५ ॥

Guru is Satnám Sat Purush. Guru is also Alakh Purush and Agam Purush. (25)

राधास्वामी गुरु का नाम ।  
निज पद पाय करो विसराम ॥ २६ ॥

Radhasoami is the Name of Guru. By worshipping Guru, attain Nij Pad (Original Abode) and enjoy eternal and perfect bliss. (26)

गुरु सब विद्धि हैं अंतरजामी ।  
गाओ ध्याओ राधास्वामी ॥ २७ ॥

Guru is Antarjámi<sup>1</sup> in every way. Sing the praises of and contemplate the form of RADHASOAMI. (27)

[*Sar Bachan Radhasoami*,  
Part I, Bachan 18, Shabd 4]

(4)

सतगुरु का नाम पुकारो ।  
सतगुरु को हियरे धारो ॥ १ ॥

Utter the name of Sat Guru. Enshrine Sat Guru in your heart. (1)

<sup>1</sup> Antarjami=Knower of the inner parts of the heart. Knower of the interior. Providence. Deity. Pervading the inner parts. The Supreme Spirit. The Supreme Spirit guiding and regulating the creation below, checking and regulating the internal feelings.

सतगुरु का करो भरोसा ।  
फिर करो न कुछ अफ़सोसा ॥२॥

Have trust and reliance on Sat Guru. And then you need not feel dejected. (2)

सतगुरु तोहि छिन छिन पोसें ।  
हँगता तेरी सब विधि खोसें ॥३॥

Sat Guru will protect and nourish you every moment. He will remove your arrogance. (3)

तू कर उन चरनन होशें ।  
सतगुरु से मत कर रोसें ॥४॥

Always remember the Holy Feet of Sat Guru. Do not be displeased with Him. (4)

सतगुरु गति अब सुन मो से ।  
कहि जात न रंचक मुँह से ॥५॥

Now hear about the status of Sat Guru from me, although words are too inadequate to give even the remotest idea of His power and eminence. (5)

दसवें में खैंचें नौ से ।  
फिर एक करें तोहि दो से ॥६॥

He will pull you out of the nine apertures and seat you at the tenth. There your duality will be over. (6)

शब्दारस तोहि पिलावें ।  
जमपुर से फेर बचावें ॥७॥

He will give you the drink of the nectar of Shabd and  
save you from the torments of hell. (7)

घर अगम तोहि दरसावें ।  
मारग सब तोहि लखावें ॥८॥

He will unfold the secrets of the inaccessible region and  
give out all the details of the path. (8)

जो संगत उनकी करते ।  
सो जग से कभी न डरते ॥९॥

Those who associate with Sat Guru, are never afraid of the  
world. (9)

जो केमुख गुरु से फिरते ।  
सो भौसागर में गिरते ॥१०॥

Those who are antagonistic to Guru, drown in the ocean of  
worldly existence. (10)

चौरासी चक्कर खावें ।  
फिर जन्म जन्म दुख पावें ॥११॥

They wander in the cycle of transmigration, suffering  
pain in every life. (11)

तुम सोचो अपने मन में ।  
कोई नाहिं गुरु सम जग में ॥ १२ ॥

You should ponder over the matter. There is none equal to Guru in the whole world. (12)

जिन जिन गुरु भक्ति धारी ।  
सो पहुँचे निज दरबारी ॥ १३ ॥

Those who take to Guru Bhakti (devotion to Guru), secure access to Nij Darbár (Real Home). (13)

गुरु भक्ति न जिनको प्यारी ।  
तिन जीती बाजी हारी ॥ १४ ॥

Those who do not hold Guru Bhakti dear, are losers and beaten, even after having won the game. (14)

(To be blessed with the human life is tantamount to winning the game. And to waste it by not applying it to Sat Guru Bhakti, is losing the game.)

गुरु चरनन आशिक होना ।  
यह बात बड़ी क्या कहना ॥ १५ ॥

It is a great thing to be a lover of the Holy Feet of Guru. It cannot be described in words. (15)

गुरु लगें जिसे अति प्यारे ।  
तिन कुल कुदुम्ब सब तारे ॥ १६ ॥

Those who love Guru very dearly, are instrumental in getting salvation for all their kith and kin. (16)

धन पिता मात उन जन के ।  
जिन भक्ति करी कुल तज के ॥१७॥

Blessed are the parents of those, who, renouncing everything, engage in Guru Bhakti. (17)

जिन सही मलामत जग की ।  
तिन मिली रास सुख घर की ॥१८॥

Those who patiently put up with the calumny of worldly people, are recipients of happiness. (18)

जो कुल लाज जगत से डरे ।  
गुरु भक्ति से वह पुनि गिरे ॥१९॥

Those who value worldly honour and fame, will fail to perform Guru Bhakti. (19)

सूरा रण से कभी न टरे ।  
सती सदा मुरदे सँग जरे ॥२०॥

A warrior does not turn back from the battlefield. A faithful wife burns herself on her husband's pyre. (20)

रण छोड़े कायर कहलाय ।  
सती फिरे भंगी घर जाय ॥२१॥

If the warrior turns away, he is dubbed a coward. If the faithful wife turns back from the cremation ground, she will be born as a scavenger in her next birth. (21)

पपिहा अपना पन नहिं त्यागे ।  
जले पतंगा जोती आगे ॥ २२ ॥

The bird papihá does not break its vow. A moth consigns itself to the flame. (22)

मछली को जैसे जल धारा ।  
गुरुमुख को सतगुरु अस प्यारा ॥ २३ ॥

As water is dear to fish, so is Sat Guru to the Guru-mukh. (23)

जिन पर बखिश गुरु की होई ।  
गुरुमुख ऐसा बिरला कोई ॥ २४ ॥

Verily, a devotee of such a high order is a rarefind. He is the recipient of Guru's favour in full measure. (24)

राधास्वामी कही बनाय ।  
सेवक को गुरु दिया जगाय ॥ २५ ॥

Radhasoami says that Guru Himself will come to awaken such a devotee. (25)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 18, Shabd 5*]

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(5)

गुरु का ध्यान कर प्यारे ।  
बिना इसके नहिं छुटना ॥१॥

O dear ! Perform dhyán of Guru. You cannot be liberated without it. (1)

नाम के रंग में रँग जा ।  
मिले तोहि धाम निज अपना ॥२॥

Be dyed in the colour of Nám and you will attain Nij Dhám (Original Abode). (2)

गुरु की सरन ढृढ़ कर ले ।  
बिना इस काज नहिं सरना ॥३॥

Adopt the Saran of Guru firmly. Without this, your task will not be accomplished. (3)

लाभ और मान क्यों चाहे ।  
पड़ेगा फिर तुझे देना ॥४॥

Why cherish worldly name and gain,  
when pay back you have to again ? (4)

करम जो जो करेगा तू ।  
वही फिर भोगना भरना ॥५॥

Whatever karmas (actions) you perform, you will have to undergo their consequences. (5)

जगत के जाल से ज्यों त्यों ।  
हटो मरदानगी करना ॥६॥

Take courage and free yourself from the entanglements of the world, somehow or the other. (6)

जिन्होंने मार मन डाला ।  
उन्हीं को सूरमा कहना ॥७॥

Those who have subdued their minds, are verily brave. (7)

बड़ा दैरी यह मन घट में ।  
इसी का जीतना कठिना ॥८॥

Your mind is your arch enemy. It is difficult to subdue it. (8)

पड़ो तुम इसी के पीछे ।  
और सब ही जतन तजना ॥९॥

Pursue it tenaciously. Leave all other efforts. (9)

गुरु की प्रीत कर पहिले ।  
बहुर घट शब्द को सुनना ॥१०॥

First, engender love for Guru, and, then, apply yourself internally to Shabd. (10)

मान दो बात यह मेरी ।  
करे मत और कुछ जतना ॥११॥

Act upon these two injunctions of Mine. You need not make any other efforts. (11)

हार जब जाय मन तुझ से ।  
चढ़ा दे सुर्त को गगना ॥१२॥

When you have succeeded in vanquishing your mind,  
raise your Surat to Gagan (sky, heavenly regions). (12)

और सब काम जग झूठा ।  
त्याग दे इसी को गहना ॥१३॥

Apply yourself to this activity alone. All other activities of  
the world are false and useless. Discard them all. (13)

कहें राधास्वामी समझाई ।  
गहो अब नाम की सरना ॥१४॥

Radhasoami lays stress on the Saran of Nám. (14)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 19, Shabd 2]

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(6)

गुरु तारेंगे हम जानी ।  
तू सुरत काहे बौरानी ॥१॥

We know Guru will redeem us. O Surat ! Why are you  
agitated and demented ? (1)

दृढ़ पकड़े शब्द निशानी ।  
तेरी काल करे नहिं हानी ॥२॥

Cling to Shabd firmly. Kal can cause no harm to you. (2)

तू हो जा शब्द दिवानी ।  
मत सुनो और की बानी ॥३॥

Lose your identity in Shabd. Listen to none else. (3)

सब छोड़ो भर्म कहानी ।  
गुरु का मत लो पहचानी ॥४॥

Adopt Guru Mat. Give up all illusions and delusions, doubts and misgivings. (4)

चढ़ बैठो अगम ठिकानी ।  
राधास्वामी कहत बखानी ॥५॥

Ascend to, and take your seat in the inaccessible and unapproachable Region called Radhasoami Dhám. (5)

[*Sar Bachan Radhasoami Poetry,*  
*Part I, Bachan 19, Shabd 15]*

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(7)

आज गाओ गुरु गुन उम्हेंग जगाय ॥टेक ॥  
दया धार धुर घर के बासी ।  
नर देही में प्रगटे आय ॥१॥

Let us today sing the praises of Guru with zeal and fervour. The Dweller of the Highest Abode, taking pity on Jivas, has manifested Himself in human form. (1)

निज घर का मोहिं पता बताया ।  
मारग का दिया भेद लखाय ॥२॥

He has given out to me the whereabout of the Original Abode as well as the secrets of the path to follow. (2)

मिन्न मिन्न निर्णय मंज़िल का ।  
मेहर से दीना खोल सुनाय ॥३॥

In His grace and mercy, He has described the different regions or stages on the way separately. (3)

अपनी दया का दीन सहारा ।  
मन और सूरत शब्द लगाय ॥४॥

He gives the support of His grace and mercy and enables Jivas to apply their mind and Surat to Shabd. (4)

करम भरम की फाँसी काटी ।  
काल करम से लिया बचाय ॥५॥

He cuts asunder the noose of Karam and Bharam (entanglements in rituals and observances). He rescues Jivas from the clutches of Kal and Karams. (5)

प्रीत प्रतीत बढ़ा कर हिये में ।  
दीना घर की ओर चलाय ॥६॥

Augmenting love and faith in their hearts, He helps them proceed towards the Original Abode. (6)

जिन यह भेद सुना नहिं गुरु से ।  
सो रहे माया सँग लिपटाय ॥७॥

Those who have not heard of these secrets from Guru,  
remain engrossed in Maya. (7)

जनम जनम वे दुख सुख भोगें ।  
भरमें चार खान में जाय ॥८॥

They undergo pain and pleasure life after life and wander  
in Chár Kháns (four different categories of life on this  
earth). (8)

दया मेहर का कस गुन गाऊँ ।  
जस सतगुरु ने करी वनाय ॥९॥

How can I sing the praise of the grace and mercy showered  
by Sat Guru. (9)

किरपा कर मोहि आपहि खींचा ।  
और चरनन में लिया लगाय ॥१०॥

He, of His own accord, and out of mercy attracted me and  
gave me the shelter of His holy feet. (10)

जो अस मेहर न करते मुझ पर ।  
काल जाल में रहत फँसाय ॥११॥

Had He not showered such grace and mercy on me, I would  
have remained entangled in Kal's net. (11)

मैं बल हीन कर्त्ता क्या महिमा ।  
राधास्वामी मेर्हर से लिया अपनाय ॥१२॥

Powerless that I am, I know not how to sing His glory and eminence. Radhasoami, in His grace, has made me His own. (12)

[*Prem Bani Radhasoami*,  
Part II, Bachan 12, Shabd 37]

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(8)

कोइ गहो गुरु की सरन सम्भार ॥टेक ॥  
बहु दिन बीते समझ सोच में ।  
अब तो दूतन सँग तज डार ॥१॥

Adopt the Saran of Guru. It is long since you have been thinking over the matter. Now, do give up the company of the evil propensities. (1)

इन्द्रियन सँग रहा बहुत दिवाना ।  
मत भरमे अब उनकी लार ॥२॥

You were quite mad in the company of the senses enjoying their pleasures. Now, stop drifting with them. (2)

सतगुरु महिमा कहत सुनत नित ।  
मन नहिं माने बड़ा गँवार ॥३॥

Although you constantly hear and talk about the glory and eminence of Sat Guru, your mind, foolish that it is, does not really accept it. (3)

सर्व समरथ राधास्वामी को कहता ।  
 हाजिर नाजिर कुल्ल करतार ॥४॥  
 वरतन में यह समझ न धारे ।  
 भूले भरमे वारम्बार ॥५॥

You say that Radhasoami is omnipotent and omnipresent and the creator of all. But, in practice, you do not stick to this belief, and go astray again and again. (4-5)

औरों को गुन औगुन धरता ।  
 निज प्रेरक की सुद्ध न धार ॥६॥

You see good and evil in others. But you forget all about the Prime Mover who provides inspiration in all that happens. (6)

रुखा फीका होवत छिन में ।  
 राधास्वामी मौज क्यों दई विसार ॥७॥

You become dry and indifferent in a moment. But why do you forget the Mauj of Radhasoami ? (7)

समझ यही अव मन में धारो ।  
 राधास्वामी हैं तेरे कुल दातार ॥८॥

You should definitely understand that Radhasoami is the Supreme Creator. (8)

सद घट में हैं वे ही प्रेरक ।  
 उन दिन और न कोई दरवार ॥९॥

He alone is the inspirer within everybody. There is no court besides His. (9)

संत सतगुरु उनको जानो ।  
राधास्वामी गुरु हैं अगम अपार ॥१०॥

Know that Radhasoami is Sant Sat Guru, the Supreme Preceptor and Guide. (10)

उन बिन और न कोई करता ।  
उनकी रज़ा में चलना यार ॥११॥

There is no doer and dispenser besides Him. Always act according to His pleasure, my friends ! (11)

जो कुछ करें वही भल मानो ।  
मसलहत उनकी वही विचार ॥१२॥

Consider whatever He ordains or does to be good for you and regard that alone to be in keeping with His hidden, benevolent purpose. (12)

काज करें तेरा वे हित से ।  
काटें काल करम का जार ॥१३॥

He will lovingly fulfil your task, and will cut asunder the net of Kal and Karam. (13)

तन मन सुरत के वे ही सहाई ।  
छिन छिन हैं तेरे वे रखवार ॥१४॥

He is the prop and support of your body, mind and Surat. He is your protector every moment. (14)

प्रीत करो उन चरनन गहरी ।  
दीन ग़रीबी मन में धार ॥ १५ ॥

Engender deep love for His Holy Feet. Inculcate humility and submissiveness. (15)

राधास्वामी बल हिरदे में धारो ।  
मन से और भरोस तज डार ॥ १६ ॥

Depend upon the strength given to you by Radhasoami.  
Give up reliance on all others. (16)

निरबल नीच जान अपने को ।  
राधास्वामी ओटा गहो सम्हार ॥ १७ ॥

Consider yourself to be infirm and lowly. Seek Radhasoami's protection and shelter. (17)

दया भाव बरतो जीवन से ।  
मान ईरखा देव बिसार ॥ १८ ॥

Be compassionate to all Jivas. Give up pride and jealousy. (18)

इस विधि दास रहे जो रहनी ।  
पावे राधास्वामी दया अपार ॥ १९ ॥

He who moulds his conduct like this, will be the recipient of the unbounded grace and mercy of Radhasoami. (19)

सुरत चढे छिन छिन ऊँचे को ।  
शब्द शब्द पौड़ी चढ पार ॥ २० ॥

His Surat will ascend within every moment taking one step after another on the staircase of Shabd. (20)

राधास्वामी धाम पाय विश्रामा ।  
मगन होय निज रूप निहार ॥ २१ ॥

He will find abode in Radhasoami Dhám and will be full of joy and delight to behold the Nij Rúp (Real Form). (21)

[*Prem Bani Radhasoami*,  
Part II, Bachan 12, Shabd 61]

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(9)

गुरु धरा सीस पर हाथ ।  
मन क्यों सोच करे ॥ १ ॥

Guru has graciously placed His hand on your head. Why do you worry ? (1)

गुरु रक्षा हर दम संग ।  
क्यों नहिं धीर धरे ॥ २ ॥

Guru's protection is with you all the time. Why do you not have patience ? (2)

गुरु राखें राखन हार ।  
उनसे काज सरे ॥ ३ ॥

Guru is the saviour. He will accomplish your task. (3)

तेरी करें पच्छ कर प्यार ।  
बैरी दूर पड़े ॥४॥

He will lovingly espouse your cause. Your enemies will remain at a distance from you. (4)

गुरु दाता दीन दयार ।  
चरन लग जगत तरे ॥५॥

Guru is the giver of all gifts and merciful to the humble. Cling fast to His holy feet and get across the ocean of the phenomenal universe. (5)

उन महिमा अकह अपार ।  
वर्णन कौन करे ॥६॥

Indescribable and infinite is His glory. Who can describe it ? (6)

सोई चाखे अमीरस सार ।  
चरनन सुरत धरे ॥७॥  
घट बाजे अनहद सार ।  
सुन सुन अधर चढ़े ॥८॥

He alone will taste ami-ras (nectar) who applies his Surat to the Holy Feet. He will ascend to higher regions by hearing the Anhad Shabd resounding within. (7-8)

गुरु देवे विघ्न हटाय ।  
उनसे काल डरे ॥९॥

Guru will remove all obstacles. Kal is afraid of Him. (9)

माया दल मारें आय ।  
मोह मद अग्नि जरे ॥ १० ॥

He will vanquish the forces of Maya. Infatuation and pride will be reduced to ashes. (10)

बिन राधास्वामी गुरु समरत्थ ।  
को अस दया करे ॥ ११ ॥

Who but the Omnipotent Guru, Radhasoami, can shower such grace and mercy ? (11)

वही हैं बड़ भागी जीव ।  
जो उन सरन पढ़े ॥ १२ ॥  
धर हिये में गहरी प्रीत ।  
संग में आन अड़े ॥ १३ ॥

They alone are the most fortunate Jivas who take His Saran, and engendering deep love for Him, stick tenaciously to His Satsang. (12-13)

मेरा जागा अस बड़ भाग ।  
जग जिव अचरज करे ॥ १४ ॥

My such great good luck has awakened that people of the world are feeling astonished. (14)

गुरु कीन्ही मेहर अपार ।  
बैरी जल जल मरे ॥ १५ ॥

Guru has showered His unbounded grace and mercy on me. My enemies are dying of jealousy. (15)

मेरे मात पिता गुरु देव ।  
महिमा कौन करे ॥ १६ ॥

Guru is my Father and Mother. Who can describe His glory and eminence ? (16)

प्यारे राधास्वामी दीन दयाल ।  
छिन छिन सार करें ॥ १७ ॥

Beloved, merciful to the humble, Radhasoami, does good to my soul every moment. (17)

[*Prem Bani Radhasoami*,  
Part III, Bachan 35, Shabd 3]

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(10)

क्यों सोच करे मन मूरख ।  
प्यारे राधास्वामी हैं रखवारे ॥ टेक ॥  
जब जनमा तब दूध दियो तोहि ।  
माता गोद पलाया ॥  
सर्व भाँति तेरी रक्षा कीन्ही ।  
चरनन मेल मिलाया ॥  
रहा था फँस नौ ढ्वारे ॥ १ ॥

O ignorant mind (Jiva) ! Why do you worry ? Beloved Radhasoami is your protector. When you were born, He arranged milk for your feed and had your mother bring you up. He took care of you in every way and attracted you to His Holy Feet. You remained stuck in the nine orifices. (1)

सर्व भोग इंद्रिन के दीन्हे ।  
जगत तमाशा दिखाया ॥  
खैंच लिया सतसंग में फिर तोहि ।  
निज घर भेद सुनाया ॥  
मेहर से खोल चलो दस छारे ॥२॥

He provided you with all the pleasures of the senses and showed you the transitory nature of the world. He then drew you to Satsang and gave out to you the secrets and mysteries of the Nij Ghar (True Home). By His grace and mercy, go up and open the tenth door.

बचन सुना तेरी समझ बढ़ावें ।  
मन की निरख करावें ॥  
करम भरम और टेक छुड़ा कर ।  
शब्द में सुरत लगावें ॥  
अधर चढ़ देख बहारें ॥३॥

He improves your understanding by His discourses. He lets you examine the true nature of the mind, enabling you to give up your entanglements, delusions and adherences to past beliefs. He applies your Surat to Shabd. Ascend to higher regions and see beautiful scenes. (3)

घंटा संख सुनावें नम पुर ।  
त्रिकुटी लख गुरु नूरा ॥  
चंद्र चाँदनी चौक निहारो ।  
गुफा परे पद पूरा ॥  
आरती सतगुरु धारे ॥४॥

He makes the bell and the conch audible to you in Sahasdal-kanwal. He shows you the splendour of Guru in Trikuti. See moon light in the expanse of Sunn, and, reaching the perfect region beyond Bhanwarguphá, perform Ártí of Sat Guru. (4)

ले दुरवीन पुरुष से प्यारी ।  
 अलख अगम को चाली ॥  
 तिस पर राधास्वामी धाम अपारा ।  
 लख लख हुई निहाली ॥  
 सीस उन चरनन डारे ॥५॥

Taking a telescope from Sat Purush, proceed to Alakh and Agam. Beyond lies the infinite Radhasoami Dham. Behold It and be enriched. Place your head at His Holy Feet. (5)

[*Prem Bani Radhasoami*,  
 Part IV, Bachan 40, Shabd 6]

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(11)

धीरज धरना, मत घवराना, चित ठहराना,  
 रूप समाना, नित गुन गाना, नहीं वहाना,  
 यही निशाना, ज्यों पपिहा स्वाँती आस ॥१॥

Have patience. Do not be dejected. Fix your attention on, and absorb yourself in the Holy Form of Guru. Always sing His praises. Make no excuses. This should be your aim, just as the पपीहा Papihá (the sparrow hawk) patiently waits in expectation of the स्वाँति Swánti rain with a fixed aim. (1)

घट में रहना, कर्ही न बहना, मन में सहना,  
 रस ही लेना, धीरज गहना, मर्म न कहना,  
 ज्यों जल मीना, राधास्वामी पास ॥२॥

Direct your attention inward, do not allow it to flow out anywhere else. Put up with every thing inwardly. Accept nothing but internal joy. Have patience. Do not divulge acts of grace of Sat Guru to others. Live with Radhasoami like a fish in water. (2)

[*Sar Bachan Radhasoami Poetry,*  
 Part II, Bachan 33, Shabd 23, Couplets 23 and 24]

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## Section (5)

### GLORY AND IMPORTANCE OF PREM. BLISS AND HAPPINESS OF ASSOCIATION WITH SAT GURU

(1)

प्रेमी सुनो प्रेम की वात ॥टेक॥  
सेवा करो प्रेम से गुरु की ।  
और दर्शन पर दल दल जात ॥१॥

O Premi (lover) ! Hearken what I say about Prem (love). Engage yourself in the Sewá (service) of Guru with love, and devote yourself to His Darshan. (1)

वचन पियारे गुरु के ऐसे ।  
जस माता सुत तोतरि वात ॥२॥

The discourses of beloved Guru should be as dear to a devotee as the lisping of a child is to its mother. (2)

जस कामी को कामिन प्यासी ।  
अस गुरुमुख को गुरु का गात ॥३॥

Guru should be as dear to a Gurumukh (devotee) as a loving woman is to a passionate lover. (3)

खाते पीते चलते फिरते ।  
सोवत जागत बिसर न जात ॥४॥

Be never oblivious of Guru, whether you are eating or drinking, walking or moving, sleeping or waking. (4)

खटकत रहे भाल ज्यों हियरे ।  
दर्दी के ज्यों दर्द समात ॥५॥

The heart pierced by an arrow constantly throbs with pain. Exactly the same way, does a lover feel the pangs of separation from the beloved. (5)

ऐसी लगन गुरु सँग जा की ।  
वह गुरमुख परमारथ पात ॥६॥

A गुरुमुख Gurumukh who has developed so intense love for Guru is verily a worthy recipient of परमारथ Parmáraðh. (6)

जब लग गुरु प्यारे नहिं ऐसे ।  
तब लग हिरसी जानो जात ॥७॥

So long as one has not developed such love, one is only greedy and covetous. (7)

मनमुख फिरे किसी का नाहीं ।  
कहो क्योंकर परमारथ पात ॥८॥

He is a मनमुख Mana-mukh wandering here and there like a rolling stone belonging to none. How can he attain Parmáraðh? (8)

राधास्वामी कहत सुनाई ।  
अब सतगुरु का पकड़ो हाथ ॥९॥

Radhasoami now enjoins upon you to hold the arm of Sat Guru and seek His protection. (9)

[*Sar Bachan Radhasoami Poetry,*  
Part I, Bachan 8, Shabd 10]

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(2)

सतगुरु सरन गहो मेरे प्यारे ।  
कर्म जगात चुकाय ॥१॥

O my darling ! Adopt the Saran of Sat Guru so that the toll of karams be paid off. (1)

भूल भरम में सब जग पचता ।  
अचरज बात न काहु सुहाय ॥२॥

The whole world is lost in errors and delusions. Nobody likes to listen to this unique advice. (2)

भाग हीन सब जग माया बस ।  
यह निरमल गति कोई न पाय ॥३॥

They are all unlucky, under the sway of Maya. No body can attain this high status. (3)

जिन पर दया आदि करता की ।  
सो यह अमृत पीवन चाहि ॥४॥

Those who are recipients of the grace and mercy of the Supreme Creator, will alone like to partake of this अमृत Amrit (nectar). (4)

कहाँ लग महिमा कहुँ इस गति की ।  
बिरले गुरुमुख चीन्हत ताहि ॥५॥

How far should I go on dwelling upon this high position ?  
Only rare Gurumukhs understand and appreciate it. (5)

बिन गुरु चरन और नहिं भावे ।  
इस आनंद में रहे समाय ॥६॥

Nothing is pleasing to them except the Holy Feet of Guru.  
They are absorbed in this bliss. (6)

दर्शन करत पिंड सुधि भूली ।  
फिर घर बाहर सुधि क्या आय ॥७॥

On getting Darshan of Guru, they forget all about their body. How could they be then aware of what is inside and what is outside ? (7)

ऐसी सुरत प्रेम रँग भीनी ।  
तिनकी गति क्या कहुँ सुनाय ॥८॥

What should I say of those persons who are so deeply absorbed in love ! (8)

जोग बैराग ज्ञान सब रुखे ।  
यह रस उनमें दीखे न ताय ॥९॥

They do not find this bliss in Yogá, Gyán and Bairág<sup>1</sup> which are, in fact, all dry. (9)

बड़ भागी कोई विरला प्रेमी ।  
तिन यह न्यामत मिली अधिकाय ॥१०॥

Only some blessed devotees and lovers will be recipients of this precious gift. (10)

राधास्वामी कहत सुनाई ।  
यह आरत कोई गुरुमुख गाय ॥११॥

Radhasoami says that some rare Gurumukh alone will sing this Arti. (11)

[*Sar Bachan Radhasoami Poetry,  
Part I, Bachan 8, Shabd 13*]

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(3)

मोहिं मिला सुहाग गुरु का ।  
मैं पाया नाम गुरु का ॥१॥

I have been blest with eternal union with Guru. I have obtained the name of Guru. (1)

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1 Renunciation.

मैं सरना लिया गुरु का ।  
मैं किंकर हुआ गुरु का ॥२॥

I have placed myself under the protection of Guru. I am now an obedient servant of Guru. (2)

मेरे मस्तक हाथ गुरु का ।  
मैं हुआ गुलाम गुरु का ॥३॥

On my head is the protecting hand of Guru. I have become the slave of Guru. (3)

मैं पाया अधार गुरु का ।  
मैं पकड़ चरन गुरु का ॥४॥

I depend entirely on my Guru. I have grasped the Holy Feet of my Guru. (4)

मैं सरबस हुआ गुरु का ।  
मैं हो गया अपने गुरु का ॥५॥

I am altogether my Guru's; I have dedicated myself to Guru. (5)

कोइ और न मुझ सा गुरु का ।  
गुरु का मैं गुरु का गुरु का ॥६॥

No one else is to my Guru like me. I am of Guru, I am of Guru, I am of Guru. (6)

राधास्वामी नाम यह धुर का ।  
मैं पाया धाम उधर का ॥७॥

The Name RADHASOAMI is of the highest region.  
With the help of Guru, I have attained that region. (7)

[*Sar Bachan Radhasoami Poetry,*  
Part II, Bachan 28, Shabd 3]

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(4)

आज खेले सुरत गुरु चरनन पास ॥टेक ॥  
न्यारा कर गुरु लिया अपनाई ।  
चरन मिले निज सुख की रास ॥१॥

My Surat today plays at the Holy Feet of Guru. He has detached me from the world and made me His own. I live near His Holy Feet, the treasure-house of true bliss and happiness. (1)

नित गुरु दर्शन करूँ उम्मा से ।  
यही मैं मन में धरती आस ॥२॥

I daily have His Darshan with zeal and fervour. I cherish no other desire. (2)

गुरु सम और न प्यारा लागे ।  
गुरु ही का नित करूँ विश्वास ॥३॥

There is none so dear to me as Guru. In Guru alone do I repose my trust all the time. (3)

छिन नहीं बिछड़ूँ चरन गुरु से ।  
गुरु ही के साँग रहूँ निस बास ॥४॥

I do not get separated from Guru's holy feet even for a moment. I remain with Him day and night. (4)

गुरु पर तन मन धन सब वारूँ ।  
गुरु दासन की हुई मैं दास ॥५॥

I surrender my body, mind and wealth to Guru. I have become the slave of the slaves of Guru. (5)

भोग बिलास जगत नहिं भावें ।  
जग से रहती सहज उदास ॥६॥

Worldly pleasures and enjoyments are no longer to my liking. I remain indifferent towards the world easily and naturally. (6)

राधास्वामी से कुछ और न माँगू ।  
दीजे मोहि निज चरन निवास ॥७॥

I beg of Radhasoami nothing else except abode in His Holy Feet. (7)

राधास्वामी महिमा निस दिन गाऊँ ।  
राधास्वामी सुमिरूँ स्वाँसो स्वाँस ॥८॥

I sing the praises of Radhasoami day and night. I utter and recite Radhasoami Nám with every breath. (8)

(5)

मेरे हिये में बजत बधाई ।  
संत सँग पाया रे ॥१॥

My heart is in a state of delight and revelry for I have been blessed with the company of a Sant. (1)

दूँढ़ फिरी जग में बहुतेरा ।  
भेद कर्ही नहिं पाया रे ॥२॥

I have searched a lot in the world, but nowhere could I get the whereabouts of the Beloved. (2)

संत मता अति ऊँचा गहिरा ।  
बेद कतेब न जाना रे ॥३॥

Sant Mat is profoundly sublime. The Vedas and other revealed books know nothing about it. (3)

बड़ भागी कोई बिरले प्रेमी ।  
तिनको मरम जनाया रे ॥४॥

Only to some highly fortunate and rare devotees has the secret of Sant Mat been revealed. (4)

राधास्वामी मेहर से जीव उबारें ।  
उन महिमा अगम अपारा रे ॥५॥

Radhasoami, in His grace, is redeeming Jivas. Infinitely great is His glory and eminence. (5)

(6)

मेरे धूम भई अति भारी ।  
दरस राधास्वामी कीन्हा रे ॥१॥

There is a loud resounding of Shabd within me. I have had Darshan of Radhasoami. (1)

भाग जगे मेरे धुर के सजनी ।  
आज रूप रस लीन्हा रे ॥२॥

O friend ! My luck for repairing to the Highest Region has awakened. Today I enjoy the bliss of the majestic form of Radhasoami. (2)

कौन कहे महिमा अब उनकी ।  
जिन प्रेम दान गुरु दीन्हा रे ॥३॥

Who can describe the good luck of those Jivas whom Guru has given the gift of love ? (3)

सुखी भया अब तन मन सारा ।  
हुई गुरु चरन अधीना रे ॥४॥

My body and mind are now full of joy and happiness. I have taken the Saran (refuge) of the Holy Feet of Guru. (4)

राधास्वामी चरन रही लिपटानी ।  
अमृत हर दम पीना रे ॥५॥

I cling to the Holy Feet of Radhasoami, and drink Amrit (nectar) all the time. (5)

[*Prem Bani Radhasoami*,  
Part III, Bachan 21, Shabd 2]

(7)

मैं गुरु प्यारे के चरनों की दासी ॥टेक ॥  
 नित उठ दरशन करूँ उमँग से ।  
 हार चढ़ाऊँ अपने गुरु सुख रासी ॥१॥

I am a slave of the Holy Feet of the beloved Guru. On getting up every morning, I have His Darshan with zeal and fervour and place a flower garland round His neck. He is the treasure-house of all happiness. (1)

मत्था टेक लेऊँ परशादी ।  
 करम भरम सब होते नासी ॥२॥

After bowing and placing my head on His holy feet, I get Prashád from Him. All my Karam and Bharam are thus annihilated. (2)

प्रीत वढ़त गुरु चरनन निस दिन ।  
 जग से रहती सहज उदासी ॥३॥

My love for Guru's holy feet goes on augmenting day and night. I remain detached from the world easily and naturally. (3)

शब्द कमाई करूँ प्रेम से ।  
 मगन होय रहूँ नित गुरु पासी ॥४॥

I engage in Shabd practice with love and affection. I always remain near Guru, full of joy and delight. (4)

राधास्वामी मेहर से काज बनाओ ।  
दीजे मोहिं निज चरन बिलासी ॥५॥

O Radhasoami ! Accomplish my task by Your grace and mercy. Bestow on me the bliss of Your Holy Feet. (5)

[*Prem Bani Radhasoami*,  
Part III, Bachan 24, Shabd 1]

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(8)

मैं हुई सखी अपने प्यारे की प्यारी ॥टेक ॥  
सेवा में नित हाजिर रहती ।  
हरख हरख नित रूप निहारी ॥१॥

O friend ! I am the darling of my Beloved. I attend upon Him every day. I keep gazing at His countenance and feel delighted. (1)

दरशन शोभा क्यों कर बरनूँ ।  
छबि पर जाउँ छिन छिन बलिहारी ॥२॥

How am I to describe the grandeur of His Darshan ? I sacrifice myself before His majestic form every moment. (2)

मेहर भरी दृष्टी जब डारी ।  
भूल गई तन मन सुध सारी ॥३॥

The moment He cast His glance of mercy on me, I became oblivious of my body and mind. (3)

कस गुन गाउँ अपने गुरु प्यारे के ।  
तन मन धन उन चरनों पै वारी ॥४॥

How am I to sing the praises of my beloved Guru ? I dedicate my body, mind and wealth to His Holy Feet. (4)

राधास्वामी प्यारे से यही वर माँगूँ ।  
चरनन में रहूँ लीन सदा री ॥५॥

I beg of my beloved Radhasoami only this boon that I may ever remain absorbed in the bliss of the Holy Feet. (5)

[*Prem Bani Radhasoami*  
Part III, Bachan 24, Shabd 3]

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(9)

जब से मैं देखा राधास्वामी का मुखड़ा ॥टेक ॥  
मोहित हुई तन मन सुध भूली ।  
छोड़ दिया सब जग का झगड़ा ॥१॥

Ever since I had a chance to look at the charming countenance of Radhasoami, I became so deeply enamoured of Him that I became oblivious of my body and mind and gave up all wranglings and bickerings of the world. (1)

राधास्वामी छवि छा गई नैनन में ।  
नहीं सुहावे मोहिं अब कोई रगड़ा ॥२॥

The countenance of Radhasoami pervades my eyes. Toil and moil for worldly prosperity are now detestable to me. (2)

नित बिलास कर्लैं दरशन का ।  
भर भर प्रेम हुआ मन तकड़ा ॥ ३ ॥

I daily enjoy the bliss of Darshan. My mind, full of ever-increasing love for Him, has now become strong. (3)

मेर हुई सुर्त चढत अधर में ।  
छोड़ चली अब काया छकड़ा ॥ ४ ॥

By His grace, my Surat ascends to higher regions, leaving behind this wretched cart of the body. (4)

राधास्वामी मेर करी अब भारी ।  
छिन छिन मन चरनन में जकड़ा ॥ ५ ॥

Radhasoami has bestowed on me immense grace and mercy. My mind remains firmly attached to His holy feet all the time. (5)

[*Prem Bani Radhasoami*,  
Part III, Bachan 24, Shabd 4]

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(10)

सुरत आज मगन भई ।  
उन पाया शब्द का भेद ॥ १ ॥

Surat is today immensely delighted as it has received the secrets of Shabd. (1)

धर्मराय अब सिर धुन मारे ।  
मिटा कर्म का खेद ॥ २ ॥

जन्म मरन की त्रास नसाई ।  
अहंमेव मम डाला छेद ॥३॥

Dharam Rai now beats his head in despair. All suffering due to Karams has ended. Dread of recurrent births and deaths is gone. Ahankár (egotism) has been annihilated. (2-3)

अविनाशी पद अगम निहारा ।  
अमर पदारथ मिला अभेद ॥४॥

I have seen the imperishable and un-approachable region, and obtained the eternal essence. (4)

अब की बार दाव हम पाया ।  
लाल भई पद पाया सेत ॥५॥

This time I have got an opportunity, and become red, i.e., won the battle with Kal and Maya, and attained Sait Pad (white luminous region). (5)

नर्द बचाई जुग गुरु बाँधा ।  
सत्त पुरुष पद धरी उमेद ॥६॥

I have saved my soul (like a piece in the game of चौपड़ Chaupar) and joined with Guru. I fix the region of Sat Purush as my goal. (6)

चढ़ी सुरत और पिंड छिपाना ।  
गही शब्द की टेक ॥७॥

My Surat has ascended, leaving Pind behind and adopted Shabd as my guide. (7)

खुला देश भंडार भक्ति का ।  
सतगुरु दाता छिन छिन देत ॥८॥

I have attained the treasure-house of Bhakti (devotion).  
The munificent Sat Guru bestows such gifts every moment. (8)

मैं अति दीन दुखी जन्मन की ।  
भूल गई दुख सब सुख लेत ॥९॥

I have been a sufferer for lives together. Now having obtained full bliss, I have forgotten all past sufferings. (9)

धन्य धन्य अब भाग हमारा ।  
निम गई अब के मेरी खेप ॥१०॥

I am now really very fortunate. My boat has reached the shore. (10)

गुरु किरपा और साध की संगत ।  
सोया मनुवाँ जागा चेत ॥११॥

By the kindness of Guru and association with Sadhs, the sleeping mind has been awakened. (11)

मूल मिला और भूल मिटाई ।  
पाया बीज वृक्ष ना पैद ॥१२॥

I have attained the मूल Mool (Source), and got rid of भूल Bhool (error). I have obtained the seed of the unborn, non-existent plant. (12)

राधास्वामी खेल दिखाया ।  
हैरत हैरत हैरत हेत ॥ १३ ॥

Radhasoami has shown such a spectacle as has left me wondering, wondering and wondering still. (13)

अब क्या कहूँ कहन में नाहीं ।  
अचरज भारी अद्भुत नेत ॥ १४ ॥

What more can I say ? Nothing remains to be said. Radhasoami is wonderful. Radhasoami is unique and marvellous in glory and majesty. (14)

[*Sar Bachan Radhasoami Poetry,*  
Part II, Bachan 35, Shabd 26]

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(11)

राधास्वामी दरस दिया मोहिं जब से ।  
राधास्वामी पर मोहित हुई तब से ॥ १ ॥

I was enamoured of Radhasoami ever since He gave me His Darshan. (1)

राधास्वामी भक्ति भाव मोहिं दीना ।  
राधास्वामी चरन सरन में लीना ॥ २ ॥

Radhasoami has endowed me with love and devotion. Radhasoami has taken me under the shelter and protection of His holy feet. (2)

राधास्वामी घट का भेद जनाई ।  
धुन संग सूरत दीन लगाई ॥३॥

Radhasoami has imparted to me the secret of घट (microcosm). He has applied my Surat to Shabd. (3)

राधास्वामी मूरत घट में चीन ।  
पियत अमी रस मन हुआ लीन ॥४॥

I behold the image of Radhasoami within me. My mind becomes absorbed in bliss on drinking nectar. (4)

निस दिन घट में देख बिलास ।  
राधास्वामी चरन हुई निज दास ॥५॥

Witnessing wonderful scenes and spectacles within me day and night, I have become a devout slave of Radhasoami. (5)

राधास्वामी काट दिये सब भरम ।  
गुरु भक्ती अब हुई निज धरम ॥६॥

Radhasoami has dispelled all my delusions. Devotion to Guru is now my sacred duty and occupation. (6)

राधास्वामी चरन आसरा लीन ।  
पिछली टेक सबहि तज दीन ॥७॥

I have taken the shelter and protection of the Holy Feet. I have discarded all adherences to past beliefs. (7)

राधास्वामी सरन भरोसा भारी ।  
राधास्वामी विन नहिं और अधारी ॥८॥

The refuge under Radhasoami is my most reliable prop. I have no support other than Radhasoami. (8)

राधास्वामी लिया अब मोहिं अपनाई ।  
अटक भटक सब दीन छुड़ाई ॥९॥

Radhasoami has now made me His own. He has rid me of all entanglements and wanderings. (9)

राधास्वामी सेवा करत रहूँ री ।  
राधास्वामी मुखड़ा ताक रहूँ री ॥१०॥

I go on serving Radhasoami. I keep on gazing at the charming countenance of Radhasoami. (10)

राधास्वामी शोभा निरख हरखती ।  
राधास्वामी दया घट माहिं परखती ॥११॥

I am delighted and thrilled to behold the majestic grandeur of Radhasoami. I recognize and experience Radhasoami's grace and mercy within me. (11)

राधास्वामी छवि पर तन मन वारूँ ।  
राधास्वामी चरन हिये में धारूँ ॥१२॥

I sacrifice my body and mind before the splendour of Radhasoami. I enshrine the Holy Feet of Radhasoami in my heart. (12)

राधास्वामी दया सुर्त घट में चढ़ती ।  
जोत रूप लख आगे बढ़ती ॥ १३ ॥

By Radhasoami's grace, my Surat is ascending within and, after beholding Jyoti, is proceeding onward. (13)

त्रिकुटी जाय लखी गुरु मूरत ।  
राधास्वामी दया हुइ निरमल सूरत ॥ १४ ॥

Going to Trikuti, I have Darshan of Guru. By Radhasoami's Daya (mercy), my Surat has attained purification. (14)

राधास्वामी दीना घाट चढ़ाय ।  
सुन में जाय मानसर न्हाय ॥ १५ ॥

Radhasoami has graciously elevated my Surat. Going to Sunn, I bathe in Mánsarovar. (15)

राधास्वामी महासुन्न दिखलाय ।  
मुरली धुन दई गुफा सुनाय ॥ १६ ॥

Radhasoami enabled me to behold Mahá-sunn, and hear the sound of the flute in Bhanwarguphá. (16)

राधास्वामी मेहर सुनी धुन बीन ।  
भेद अलख और अगम का चीन ॥ १७ ॥

By Radhasoami's grace, I listen to the sound of the Bín (harp) and realize the secrets of Alakh and Agam. (17)

पूरन मेहर करी राधास्वामी ।  
जाय लखा धुर धाम अनामी ॥ १८ ॥

Radhasoami has granted me His grace in the fullest measure. I went and had Darshan of the Dhur Dhám (Highest Region) of Anámi (the Nameless Supreme Being). (18)

राधास्वामी गुन कस करूँ बखान ।  
राधास्वामी चरन अब मिला ठिकान ॥ १९ ॥

How am I to sing the praises of Radhasoami ! I have found abode in the Holy Feet of Radhasoami. (19)

[*Prem Bani Radhasoami,*  
Part II, Bachan 10, Shabd 6]

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## Section (6)

### PRAYER AND SUPPLICATION

(1)

नाम दान अब सतगुरु दीजे ।  
काल सतावे स्वाँसा छीजे ॥१॥

O Sat Guru ! Now grant me the gift of Nám. Kál is tormenting me, and, with every breath my life is shortening. (1)

दुख पावत मैं निस दिन भारी ।  
गही आय अब ओट तुम्हारी ॥२॥

I suffer pain day and night. I have now come under Your Saran. (2)

तुम समान कोइ और न दाता ।  
मैं बालक तुम पित और माता ॥३॥

There is no giver of gifts like You. I am a child, and You are my parent. (3)

मो को दुखी आप कस देखो ।  
यह अचरज मोहिं होत परेखो ॥४॥

How can You see me in distress ? This is rather surprising to me. (4)

मैं हूँ पापी अधम बिकारी ।  
भूला चूका छिन छिन भारी ॥५॥

I am a sinner, fallen and vicious. I commit mistakes of omission and commission every moment. (5)

अवगुण अपने कहाँ लग बरनूँ ।  
मेरी बुधि समझे नहिं मरमूँ ॥६॥

How far can I go on relating my faults ? I am unable to understand the mystery. (6)

तुम्हरी गति मति नेक न जानूँ ।  
अपनी मति अनुसार बखानूँ ॥७॥

I know not Your exalted position and status. I describe it according to my poor understanding. (7)

तुम समरथ और अंतरजामी ।  
क्या क्या कहूँ मैं सतगुरु स्वामी ॥८॥

You are omnipotent and omniscient. O Sat Guru Soami ! What else can I say ? (8)

मौज करो दुख अंतर हरो ।  
दया दृष्टि अब मौ पै धरो ॥९॥

Ordain Your Mauj so that my troubles may end. Now cast a glance of grace and mercy on me. (9)

माँगू नाम न माँगू मान ।  
जस जानो तस देव मोहिं दान ॥ १० ॥

I beg for नाम Nám (Name, Word) and not मान Mán (honour and reputation). Give me दान Dán (gift) in any way You deem fit and proper. (10)

मैं अति दीन भिखारी भूखा ।  
प्रेम भाव नहिं सब विधि रुखा ॥ ११ ॥

I am a beggar, most deprived and hungry. I am without love and affection. I am dry in every way. (11)

कैसे दोगे नाम अमोला ।  
मैं अपने को बहु विधि तोला ॥ १२ ॥

I have weighed and found myself unworthy. I wonder, how you will grant me the gift of precious Nám. (12)

होय निरास सबर कर बैठा ।  
पर मन धीरज धरे न नेका ॥ १३ ॥

Utterly disappointed, I wait with patience. But my mind does not have patience at all. (13)

शायद कभी मेहर हो जावे ।  
तो कहुँ नाम नोक मिल जावे ॥ १४ ॥

Perhaps, sometime, grace may be vouchsafed to me. Then, of course, I may get a little particle of Nám. (14)

विना मेहर कोई जतन न सूझे ।  
वर्खिशा होय तभी कुछ वूझे ॥ १५ ॥

Except grace, no remedy comes to my mind. If you choose to grant me Your grace, then only something may occur to my mind. (15)

किनका नाम करे मेरा काज ।  
हे सतगुरु मेरी तुमको लाज ॥ १६ ॥

Only a particle of Nám will accomplish my task. O Sat Guru ! My honour is in Your hands. (16)

अब तो मन कर चुका पुकार ।  
राधास्वामी करो उधार ॥ १७ ॥

I have cried enough, O Radhasoami ! Rescue me. Save me. (17)

*[Sar Bachan Radhasoami Poetry,  
Part II, Bachan 33, Shabd 6]*

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(2)

अहो मेरे सतगुरु अहो मेरी जान ।  
अहो मेरे प्यारे अहो मेरे प्रान ॥ १ ॥  
नज़र मेहर की मुझ पै अब कीजिये ।  
मुझे अब के जम से छुड़ा लीजिये ॥ २ ॥

O my Sat Guru ! O my Life ! O my Beloved, O my breath !  
Cast your glance of grace and mercy on me now and rescue  
me from the clutches of Jama (Kál). (1-2)

निकालो मुझे काल के जाल से ।  
बचा लेव माया के जंजाल से ॥३॥

Extricate me from the net of Kal. Release me from the entanglements of Maya. (3)

तड़पता हूँ दर्शन को दिन रात मैं ।  
सहूँ दुख मन इन्द्री साथ मैं ॥४॥

I am restless for Your Darshan day and night. I suffer pain in the company of the mind and the senses. (4)

जगत भोग देवे द्वकोले सदा ।  
पंच दूत फोड़े फफोले जुदा ॥५॥

Pleasures of the world agitate me all the time. The five evils add fuel to the fire. (5)

बिना दर्श तुम्हरे बने कैसे काम ।  
मेहर बिन करे कौन मेरी सहाम ॥६॥

How can my task be accomplished without Your Darshan ?  
Who can help me but Your grace ? (6)

सुनो बीनती मेरी दाता दयाल ।  
दरश दे करो आज मुझको निहाल ॥७॥

O Merciful Generous Giver ! Hear my prayer. Enrich me today by granting me Your Darshan. (7)

जो चाहो करो मुझ पै छिन में दया ।  
नहीं कुछ कठिन तुम्हरे आगे मया ॥८॥

If You wish, You can shower Your mercy on me instantly. Nothing is difficult or impossible for your Graciousness. (8)

मेरे वास्ते अब हुए क्यों कठोर ।  
मैं कुरबान जाऊँ तुम पै हे बन्दी छोड़ ॥९॥

Why have You now become harsh on me ? I sacrifice myself before You, O releaser from captivity. (9)

सदा से तुम्हारा दयालू है नाम ।  
करो क्यों नहीं मेरा अब पूरा काम ॥१०॥

You have the appellation of the Merciful One from time immemorial. Why do You not now accomplish my task ? (10)

चरन में कर्लैं बीनती बार बार ।  
सुनो हे दयाल मेरी जल्दी पुकार ॥११॥

I again and again submit my prayer to Your Holy Feet. O Merciful ! Grant my prayer without delay. (11)

दरश दे के सूरत चढ़ा दीजिये ।  
मुझे रस भरी धुन सुना दीजिये ॥१२॥

Bless me with Your Darshan and elevate my Surat to higher regions. Enable me to hear melodious Dhuns. (12)

मिटाओ मेरे अब सभी दुख साल ।  
करो मुझको निरभय हे दाता दयाल ॥ १३ ॥

Remove my all pain and suffering. O Munificent and Merciful One ! Make me fearless. (13)

सरन में पड़ा तुम्हरे दुनिया से भाज ।  
मेरे काज की अब है तुम ही को लाज ॥ १४ ॥

Running away from the world I have taken Your Saran. My honour is now in Your hands. (14)

तुम्हारा ही हूँ जैसा तैसा कपूत ।  
बना लीजिये मुझ को अपना सपूत ॥ १५ ॥

I am a worthless son, but I am Yours. Make me Your worthy son. (15)

सरापा भरा हूँगा मैं खोट से ।  
बचाओ मुझे अपनी अब ओट दे ॥ १६ ॥

I am full of blemishes from top to bottom. But now save me by taking me in Your shelter. (16)

करो राधास्वामी मेहर की निगाह ।  
लेवो मुझको अब जैसे तैसे निबाह ॥ १७ ॥

O Radhasoami ! Cast a glance of mercy on me. Redeem me somehow. (17)

बिना तुम चरन कोई दीखे न ठौर ।  
बिना तुम सहाई नहीं कोई और ॥ १८ ॥

There is no place for me except in Your Holy Feet. There is no helper but You. (18)

मैं बालक पड़ा हूँ तुम्हारी सरन ।  
सम्हालो दिखाओ मुझे निज चरन ॥ १९ ॥

I am a child who has taken Your Saran. Protect me. Show me Your Nij Charan (Holy Feet). (19)

विरह मैं रहूँ मैं तपत रात दिन ।  
दरश बिन नहीं चैन मोहिं एक खिन ॥ २० ॥

I am burning in the fire of Virah (pangs of separation from the Beloved) day and night. Without Your Darshan, I am not at ease even for a moment. (20)

गुनाहों से अपने मैं शरमिन्दा हूँ ।  
छिमा कर छिमा मैं तेरा बन्दा हूँ ॥ २१ ॥

I am ashamed of my sins. Pardon me, pardon me, I am your humble slave. (21)

नहीं बनते मुझ से जो पाप और कसूर ।  
छिमा की तेरी होती फिर क्या ज़रूर ॥ २२ ॥

Had I not committed sins and faults, how would have Your pardon got an occasion to move ? (22)

मैं नालायक हूँ इसमें कुछ शक नहीं ।  
दया जो करें प्यारे अचरज नहीं ॥ २३ ॥

I am an unworthy son, there is no denying the fact, but my Beloved ! if at the same time, You show mercy, there is nothing unusual about it. (23)

कसूरों को बख्त्तो मेरे हे दयाल ।  
ग़रीबी पै मेरे धरो अब ख़याल ॥ २४ ॥

O merciful ! Pardon my faults. Take my wretched and pitiable condition into consideration. (24)

दया के भरोसे बने सब कसूर ।  
मेहर से देओ बख्त्ता आली हज़ूर ॥ २५ ॥

Faults come to be committed by me because of my implicit faith in Your mercy. O Gracious Huzur ! Forgive me, pardon me. (25)

मैं तुम्हरा हूँ और तुम हो मेरे सही ।  
पिता पुत्र का नाता पूरा चही ॥ २६ ॥

I am Yours, and You, indeed, are mine. I pray the relationship of Father and son should be maintained unimpaired. (26)

पिता तुम हो और मैं हूँ बालक समान ।  
करो मेहर दीन और निबल मोहिं जान ॥ २७ ॥

You are Father. I am like a child. Now grant me Your mercy, knowing me to be humble and feeble. (27)

लगाया जिसे तुमने चरनों के साथ ।  
सम्हाला उसे मेहर से देके हाथ ॥२८॥

Whomsoever You attracted to Your Feet, You looked after him by extending to him Your helping hand. (28)

करो जबकि तुम निन्दकों का उधार ।  
मुझे कैसे छोड़ोगे अब नी के बार ॥२९॥

When You grant salvation even to calumniators, how can you leave me in the region of nine apertures ? (29)

मेहर माँगूँ फिर मेहर माँगूँ दयार ।  
लेवो प्यारे राधास्वामी जल्दी उबार ॥३०॥

O Merciful One ! I beg for mercy, I beg for mercy, I beg mercy, mercy, again and again mercy. O Beloved Radhasoami ! Redeem me post-haste. (30)

[*Prem Bani Radhasoami*,  
Part IV, Bachan 39, Masnavi 23]

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(3)

सु र ति या याँच रही ।  
गुरु चरन प्रेम की दात ॥१॥

Suratia is begging for the gift of love for the Holy Feet of Guru. (1)

उम्मँग भरी गुरु सन्मुख आई ।  
दरशन कर हिये मैं हुलसात ॥२॥

Full of enthusiasm, she comes before Guru and is delighted on having His Darshan. (2)

सुन सुन बचन मगन हुई मन में ।  
तोड़ा जग जीवन से नात ॥३॥

She feels elated on hearing His discourses. She breaks off all relations with worldly people. (3)

कृत संसारी अब नहिं भावे ।  
करम धरम पर मारी लात ॥४॥

Worldly activities are not to her liking any longer; She has kicked off all Karam and Dharm. (4)

गुरु संग प्रीत लगावत ऐसी ।  
जस बालक माता के साथ ॥५॥

She loves Guru as a child loves his mother. (5)

बिन दर्शन अब चैन न आवे ।  
और कहीं मन लगे न लगात ॥६॥

Without Guru's Darshan, she finds no peace and tranquillity. She feels no interest in anything else. (6)

नित अभ्यास करत घर ध्याना ।  
गुरु मूरत निज हिये बसात ॥७॥

She performs Abhyas daily with care and attention. She enshrines Guru's image in her heart. (7)

छिन छिन घट में दरस निहारत ।  
गुरु छवि देख चित्त मगनात ॥८॥

Every moment she sees Him within. She feels delighted on beholding His countenance. (8)

रसक रसक सुनती अनहद धुन ।  
अमी धार नित सुन से आत ॥९॥

She enjoys listening to Anhad Dhun within. The current of nectar is dripping from Sunn all the time. (9)

मन और सूरत चढ़त अधर में ।  
शब्द शब्द पीड़ी दरसात ॥१०॥

The mind and Surat rise to higher regions following one Shabd after another. (10)

अजब बिलास मिला अन्तर में ।  
उम्मंग उम्मंग गुरु के गुन गात ॥११॥

She beholds wonderful spectacles within and sings the praises of Guru with ardour and zeal. (11)

मेहर करी राधास्वामी गुरु प्यारे ।  
प्रेम सहित उन चरन समात ॥१२॥

Beloved Radhasoami Guru has showered His grace and mercy on her. She merges in His Holy Feet, full of love. (12)

[*Prem Bani Radhasoami*,  
Part II, Bachan 11, Shabd 33]

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(4)

सुरतिया माँग रही ।  
सतगुरु से मेहर की दात ॥१॥

Suratia begs of Sat Guru the gift of grace and mercy. (1)

दीन होय आइ राधास्वामी चरना ।  
चित से सुनती गुरु मुख बात ॥२॥

She comes to the Holy Feet of Radhasoami in all humility, and listens attentively to the discourses delivered by Guru. (2)

राधास्वामी महिमा अगम अपारा ।  
समझ समझ हरखात ॥३॥

She feels delighted on realizing the inaccessibly infinite glory of Radhasoami. (3)

प्रीत प्रतीत जगावत मन में ।  
चरन सरन पर हिया उमगात ॥४॥

She awakens love and faith within her and feels thankful for the Saran (protection) of the Holy Feet. (4)

सुरत शब्द मारग की महिमा ।  
सुन सुन हियरे उमँग बढ़ात ॥५॥

Hearing about the efficacy of Surat-Shabd Yoga, she enhances love and zeal in her heart. (5)

नित अभ्यास नेम से करती ।  
मग्न होत घट में धुन पात ॥६॥

She performs Abhyás daily and regularly and feels elated on catching hold of Shabd. (6)

माया काल पेच बहु डाले ।  
चिन्ता बैरन बिघन लगात ॥७॥

Maya and Kal are resorting to all kinds of trickery and deception. The vicious anxiety is creating obstacles all the more. (7)

अनेक भाँत की खटक हिये में ।  
सालत रहे दिन रात ॥८॥

All kinds of worries keep on tormenting her day and night. (8)

राधास्वामी चरनन करत पुकारा ।  
मेरा बल कुछ पेश न जात ॥९॥

She submits at the Holy Feet of Radhasoami. She is helpless and unable to do anything by herself. (9)

अरज़ी करत बहुत दिन बीते ।  
अब तो धरो मेहर का हाथ ॥१०॥

She has been supplicating before You for long. Now, at least, place Your hand of grace and mercy on her head. (10)

कारज मेरे आप सँवारो ।  
दीन दयाल दया के साथ ॥११॥

You are merciful to the humble and the lowly. In Your grace and mercy, accomplish her task. (11)

तब मन निश्चल सुर्त होय निरमल ।  
धुन रस और रूप रस पात ॥१२॥

Then only will her mind become steady and her Surat pure, and she will enjoy the bliss of Shabd and Darshan of Your form. (12)

हरख हरख फिर चढ़ें अधर में ।  
होय करम की बाज़ी मात ॥१३॥

Her mind and Surat will then merrily soar higher and higher, and Karams will be defeated. (13)

निरख जोत लख सूर प्रकाश ।  
चन्द्र चाँदनी चीक समात ॥ १४ ॥

She will behold Jyoti (flame), the resplendent sun and the moon-light, and merge in the quadrangle of Sūnn. (14)

मुरली धुन और तीन वजावत ।  
अलख अगम के चरन परात ॥ १५ ॥

She will hear the sounds of Murlí and Bín (flute and harp). She will pay obeisance at the feet of Alakh Purush and Agam Purush. (15)

राधास्वामी धाम धाय धुन सुन सुन ।  
अचरज रूप निरख मुसकात ॥ १६ ॥

She will finally rush to Radhasoami Dham, hear the Dhun Radhasoami and feel elated on beholding the wonderful Rúp (Form) of Radhasoami. (16)

अभेद आरती राधास्वामी कीनी ।  
मेहर पाय निज भाग सरात ॥ १७ ॥

She has performed the Abhed Arti of Radhasoami, i.e., she has merged in Radhasoami. Being the recipient of this grace and mercy, she thanks her good fortune. (17)

राधास्वामी महिमा अति से भारी ।  
को वरने को करे विख्यात ॥ १८ ॥

Great is the glory and eminence of Radhasoami. Who can describe and explain it ? (18)

भूल चूक मेरी चित नहिं धारी ।  
राधास्वामी दाता दया करात ॥१९॥

Radhasoami, the Giver of all gifts, did not take into consideration her errors and omissions. He showered His grace and mercy on her. (19)

[*Prem Bani Radhasoami*,  
Part II, Bachan 11, Shabd 38]

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(5)

प्रेम दात गुरु दीजिये ।  
मेरे समरथ दाता हो ॥१॥

O my Omnipotent and Munificent Guru ! Grant me the gift of Prem (love). (1)

दरस पाय नित मगन रहूँ ।  
मेरे यही अभिलाषा हो ॥२॥

My only wish is that I may remain full of joy and delight by having Your Darshan everyday. (2)

प्रेम रंग भींजत रहूँ ।  
नित तुमहि धियाता हो ॥३॥

May I remain drenched in the colour of Prem. May I be contemplating Your countenance daily. (3)

मेरे सर्व अंग में बस रहो ।  
नित तुम गुन गाता हो ॥४॥

May You dwell in every part of my being ! May I be singing Your praises all the time. (4)

माया के सब बिघ्न हटाओ ।  
काल रहे मुरझाता हो ॥५॥

Remove all allurements of Maya and let Kal be blighted. (5)

मन इन्द्री का ज़ोर न चाले ।  
नित रहूँ रँग राता हो ॥६॥

The mind and senses may not gather strength and prevail over me. I may always remain imbued with love. (6)

भोग बिलास जगत के सारे ।  
मोको कुछ न सुहाता हो ॥७॥

Pleasures of the world may no more appeal to me. (7)

यह बखशिशं करो राधास्वामी प्यारे ।  
अब क्यों देर लगाता हो ॥८॥

O Beloved Radhasoami ! Bestow this blessing on me. Why do You make so much delay ? (8)

देर देर में होत अकाजा ।  
योंहि दिन बीते जाता हो ॥९॥

Delay proves harmful. Time is passing in vain. (9)

यह बिनती मानो मेरे प्यारे ।  
राधास्वामी पित और माता हो ॥ १० ॥

O my Beloved ! O my Father and Mother Radhasoami !  
Grant this prayer of mine. (10)

प्रेम दात बिन सुनो मेरे प्यारे ।  
यह मन नाच नचाता हो ॥ ११ ॥

Listen, O my Beloved ! Without Your gift of Prem this  
mind makes me dance attendance to its tune. (11)

मेरा बस यासे नहिं चाले ।  
भोगन में मद माता हो ॥ १२ ॥

I am helpless before it. It is madly enamoured of the  
pleasures of the world. (12)

दया करो मेरी सुरत चढ़ाओ ।  
घट में शब्द बजाता हो ॥ १३ ॥

In Your grace and mercy, elevate my Surat, so that I may  
hear Shabd within. (13)

जो तुम दया करो मेरे प्यारे ।  
फूला अंग न समाता हो ॥ १४ ॥

If You kindly grant me the gift of grace and mercy, every  
pore of mine will feel delighted. (14)

नाम तुम्हार सुनाऊँ सब को ।  
जग में धूम मचाता हो ॥ १५ ॥

I will sing Your NÁM in the world with great fanfare. (15)

खल खल जाऊँ चरन पर तुम्हरे ।  
छिन छिन तुम्हें रिजाता हो ॥ १६ ॥

I dedicate myself at Your Holy Feet. Every moment I endeavour to please You. (16)

खुल खुल खेलूँ सुन मैं प्यारे ।  
काढूँ करम विद्याता हो ॥ १७ ॥

I play freely and unhampered in the region of Sunn and erase the lines of Karam and destiny as made by Kal. (17)

खेलूँ विगसूँ संग तुम्हारे ।  
दया पाय इतराता हो ॥ १८ ॥

I play and feel elated in Your company. Being a recipient of Your grace and mercy, I am greatly exalted. (18)

मगन रहूँ नित घट मैं अपने ।  
चरनन सँग इठलाता हो ॥ १९ ॥

I am always happy within myself. I show pompousness by reason of my being with the Holy Feet. (19)

सुन सुन शब्द होय मतवाला ।  
छिन छिन अमी चुआता हो ॥ २० ॥

I am absorbed in the bliss of Shabd. All the time I drink Ami Ami (nectar). (20)

ऐसी मीज करो अब प्यारे ।  
दम दम विनय सुनाता हो ॥ २१ ॥

होय निचिन्त मेरे प्यारे राधास्वामी ।  
तुम चरनन माहिं समाता हो ॥२२॥

O my beloved Radhasoami ! I pray every moment that You may graciously so ordain Your Mauj that I become free from anxieties and worries and remain absorbed in Your Holy Feet. (21-22)

[*Prem Bani Radhasoami,*  
Part IV, Bachan 40, Shabd 60]

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(6)

दरस दे आज बँधाओ धीर ।  
सहत रहूँ निस दिन बिरहा पीर ॥१॥

By granting me Thy Darshan, put me at ease this very day.  
All the time, I suffer pangs of separation from Thee. (1)

विकल मन तड़प रहा दिन रैन ।  
दरस बिन नहिं पावे सुख चैन ॥२॥

My mind is uneasy and restless for thy Darshan day and night. Without Thy Darshan, it cannot have peace and tranquillity. (2)

सुमिरता जब जब रूप दयार ।  
झड़त मेरे नैनन से जल धार ॥३॥

Whenever I recollect the image of the Merciful, tears of love flow from my eyes. (3)

ताप त्रिय नित्त सतावें मोहिं ।  
मौत डर छिन छिन व्यापे मोहिं ॥४॥

The three kinds of affliction torture me all the time and I am filled with fear of death every moment. (4)

कोई द्विष्टि नहिं पावे मन शांति ।  
कहो कस दखू गुरु करांति ॥५॥

My mind finds no peace by any means. Tell me, how can I have Darshan of the resplendent countenance of my Guru ? (5)

विनय मैं करत रहूँ हर बार ।  
गुरु मोहिं दीजे दरशन सार ॥६॥

All the time I pray “O Guru ! Be pleased to grant me Thy Darshan.” (6)

दया बिन नहिं पुजवे मम आस ।  
चरन राधास्वामी पाऊँ बास ॥७॥

Without grace and mercy, my longing to abide in the Holy Feet of Radhasoami, cannot be fulfilled. (7)

[*Prem Bani Radhasoami,*  
*Part I, Bachan 5, Shabd 6*]